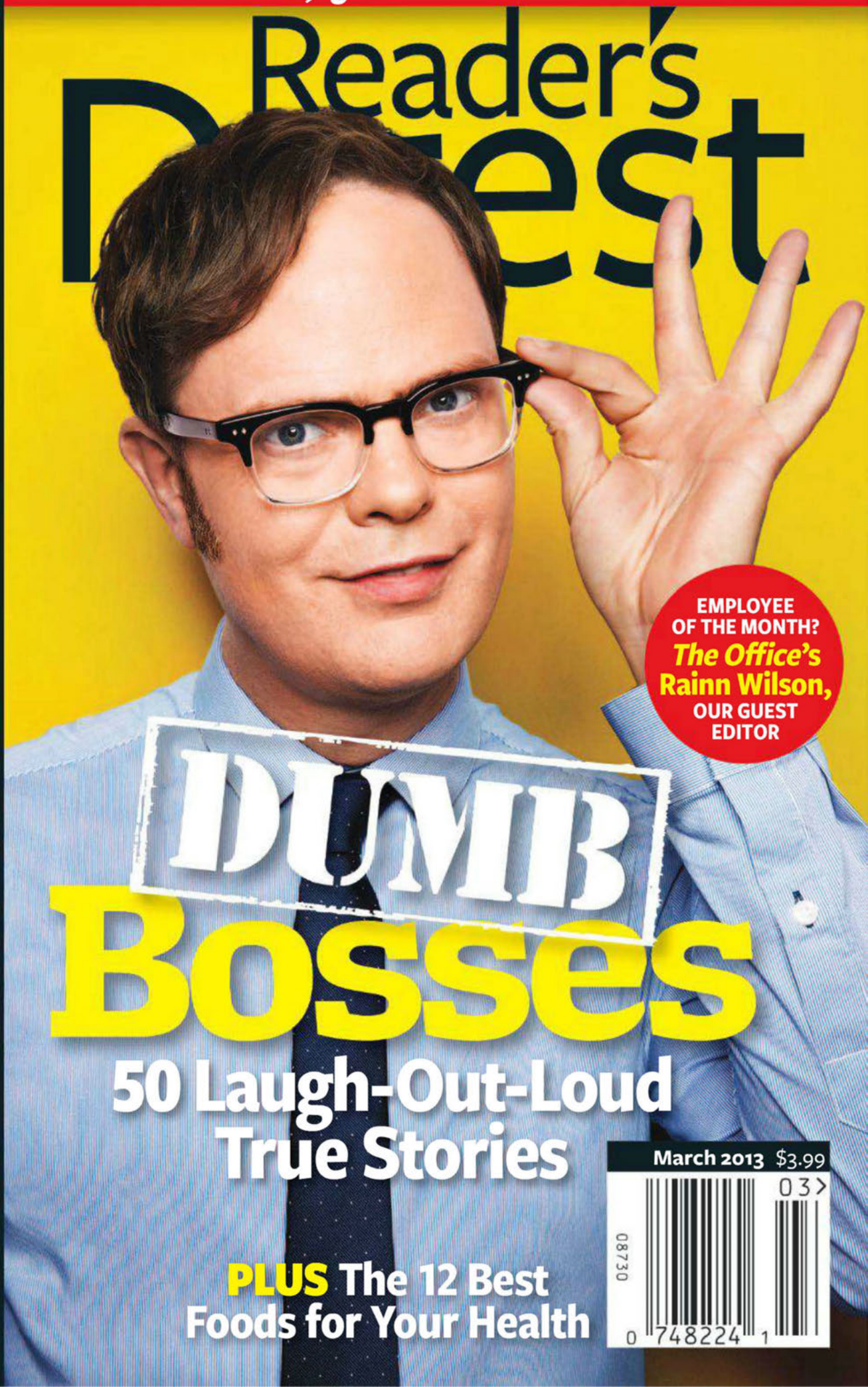
THE BEST IN

- Health
- Food
- Money
- Digital
- Heroes
- Family
- Jokes

WORDS OF LASTING INTEREST

"Newtown, you are not alone." p. 166

Reader's Digest



EMPLOYEE OF THE MONTH? *The Office*'s Rainn Wilson, OUR GUEST EDITOR

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PHOTOGRAPH BY PETER BOHLER

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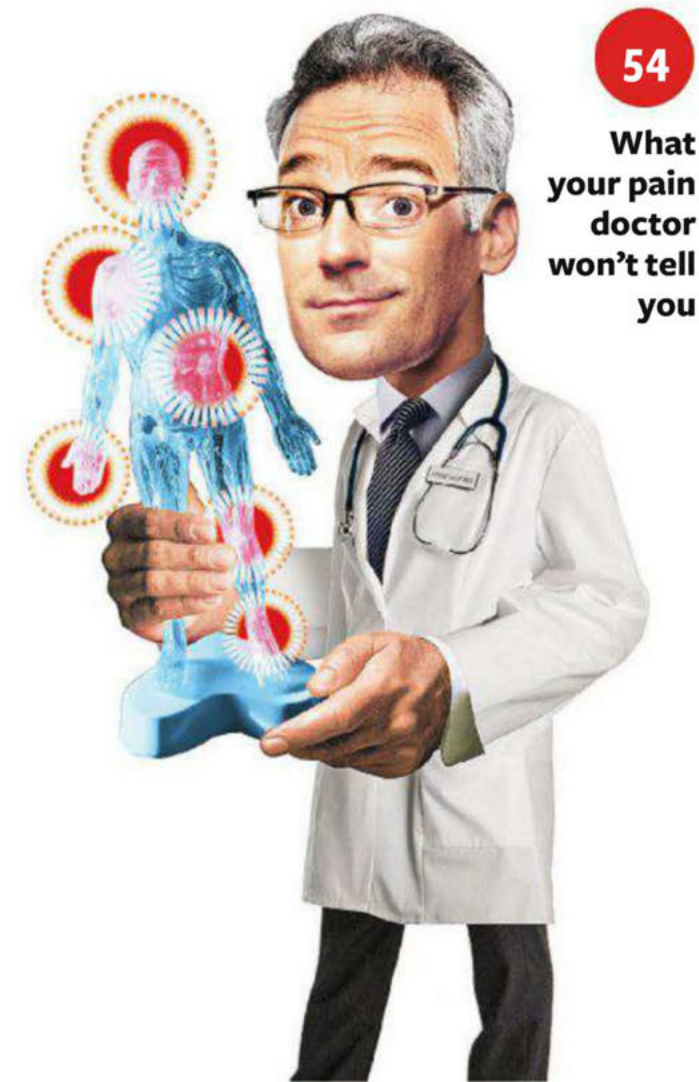

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ON THE COVER
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Editor's Note

My Father Was the Kind of Dad Who ...

My father was the kind of dad who wouldn't let me take my driver's test until I could parallel park. He taught me the trick by setting up cones in our driveway and took me to the DMV only when I could whip into position in a single try. (The state of Ohio didn't care how I got into a parking space, but no daughter of his was going to hold up traffic as she nudged her way into a spot.)

My father was the kind of dad who then wouldn't let me drive anywhere until I could change a car's tire by myself three times. (Flat tires were frightening and dangerous. Being helpless in the face of one? That was simply foolish.)

THE YEAR OF Optimism

"'Do Not Lose Heart'" (page 166)

"What My Sister Taught Me" (page 140)

"What My Son Taught Me" (page 146)

My father was the kind of dad who sat me down with a pencil and a calculator the day I got my own account at Huntington Bank. "Money is to be respected, Elizabeth," he said. "And the best way to respect money is to know exactly where yours is. So balance your checkbook every month." To this day, my husband, Steve, will shake his head when he sees me working in the midnight glow of my desk lamp, searching for a missing 78 cents.

In "Suze Orman Thinks I'm a Slacker" (page 158), comedian Heather McDonald withers under the financial guru's exasperation when McDonald admits she doesn't know the mortgage rate on her house or what stocks she's invested in—but says not to worry because her husband does.

My father? My father was the kind of dad who would have liked this story a lot.

Liz Vaccariello

I invite you to e-mail me at liz@rd.com.
Follow me on Twitter @LizVacc.

PHOTOGRAPH BY MELANIE DUNEA/CPI

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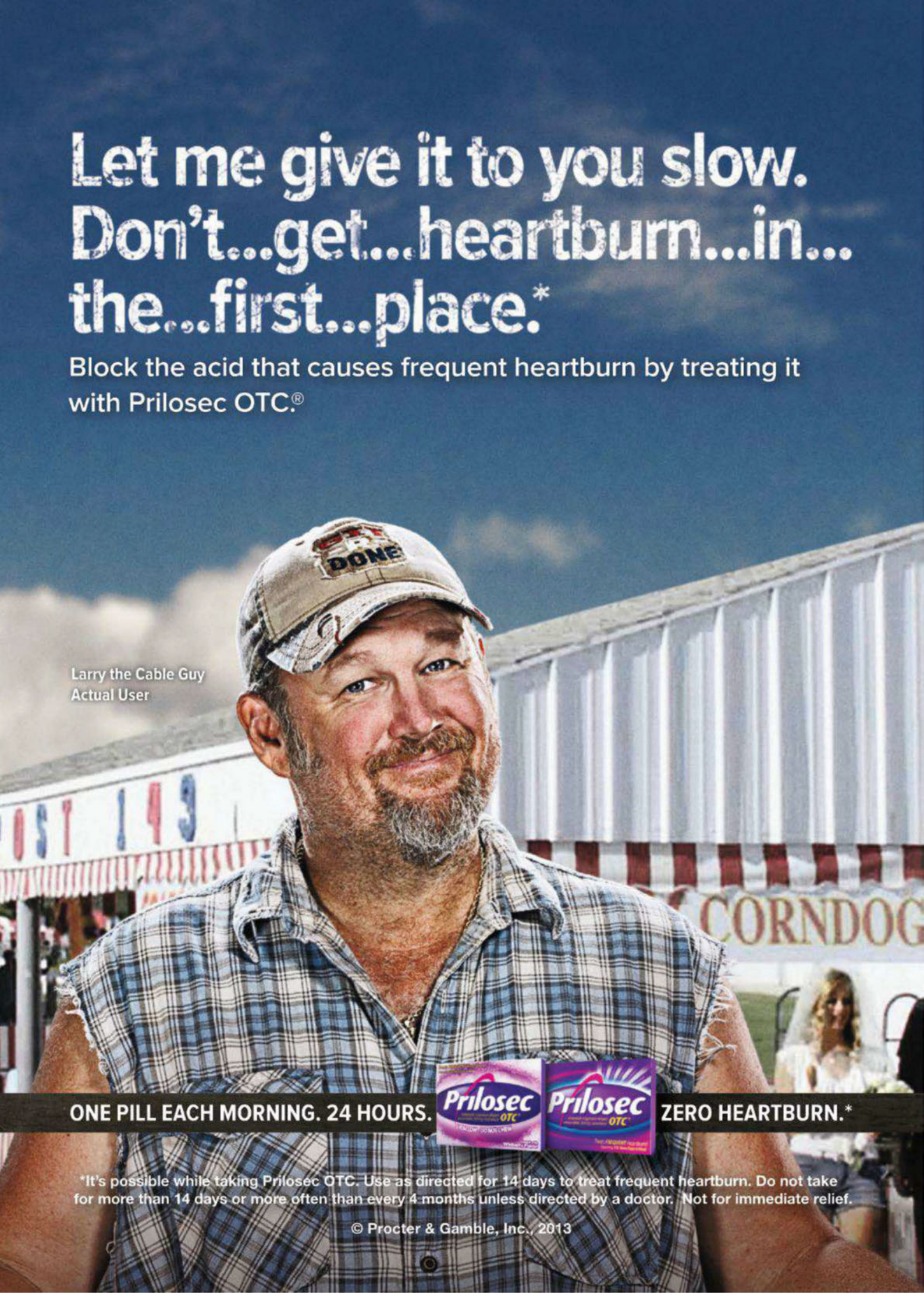

Larry the Cable Guy
Actual User

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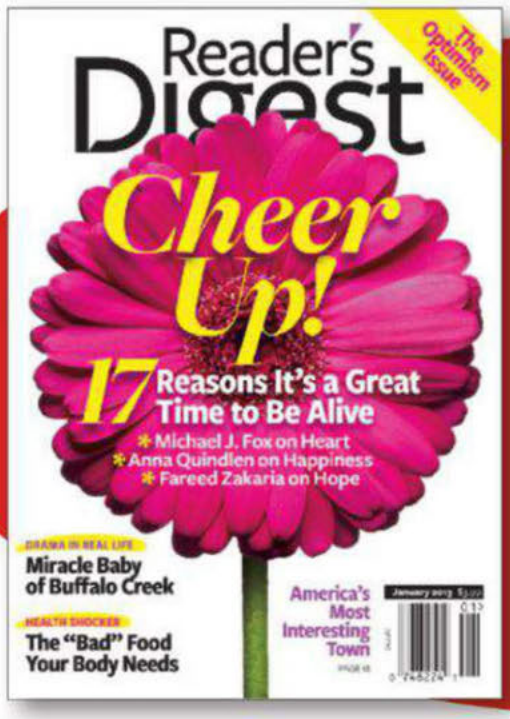
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Anna Quindlen on Happiness
Fareed Zakaria on Hope
DRAMA IN REAL LIFE
Miracle Baby of Buffalo Creek
HEALTH SHOCKER
The "Bad" Food Your Body Needs
America's Most Interesting Town

The Optimism Balm

I received the Optimism Issue two days after the horrific Newtown, Connecticut, shooting. In a world where there is so much evil and negativity, these stories and quotes, like the one from Billy Graham, lightened the heaviness on my heart. I love getting *RD* in the mail—and even more so this month.

Suzanne Woodard, Fairmount, Illinois

As I read Michael J. Fox's brilliantly descriptive writing, I was tempted to feel sorry for him ("The Year of Optimism"). However, the final lines showed me what a passionate and positive person Mr. Fox is. In spite of severe health limitations, he sees life, love, and family for what they really are all about. I struggled with my own health issues this past year. If he can do it, I know I can.

John Bronson, Zephyrhills, Florida

Laughing All the Way!

I can't tell you how happy I am that you have returned to running the jokes and humor sections throughout *Reader's Digest*. I prefer to have these bits appear between the more serious or thoughtful articles to cheer me up. Life itself needs humor in small doses, and it is enjoyed and appreciated more that way.

Jan Overton, Norton, Massachusetts

I am so glad the jokes and humor departments are once again sprinkled across the magazine instead of being clustered all up front. It is so nice to come upon them here and there as I read.

K. James, via e-mail

My name is Vivian, and I'm ten years old. I love reading the humor columns in *Reader's Digest*! They are my favorite part. Whenever we get

our copy in the mail, I go straight to the funnies and then giggle away!

Vivian Somes, Trafford, Pennsylvania

Give Me a Midday Break

After reading the article about the best time to do everything, I couldn't help but wonder whether a 2 p.m. power nap is doable in the United States ("Perfect Timing"). If people who work regular hours are able to take a nap at that time, I'd love to know where they work!

Maureen Smith, via e-mail

A Reader's Salt Story

Boy, did "Salt, We Misjudged You!" ring true for me. After tests, doctors found that my sodium and potassium levels were extremely low. I had been limiting my salt intake and drinking lots of water. Apparently, I had eliminated most of the required sodium and potassium from my system. The lesson: Don't overdo it with salt, but don't try to eliminate it either.

Jennifer Lang, Cinderford, United Kingdom

Family Faith

After 20 years of volunteering in local hospitals, I agree with Kerry Egan (Family Digest, "Life Lessons from a Hospice Chaplain"). Regardless of whether or not they are at death's door, patients who are ill are most comfortable

FLOODED WITH FRIENDS

The Miracle Baby—on Facebook!

IN 1972, KERRY LEE ALBRIGHT WAS SWEPT AWAY IN THE BUFFALO CREEK FLOOD. HIS MOTHER SAVED HIS LIFE—AND LOST HERS IN THE PROCESS. HIS STORY.
I Was the Miracle Baby

Since we published the remarkable story of how Kerry Lee Albright survived the Buffalo Creek flood, RD *readers have been reaching out to Albright via his profile page. The letters of support inspired him to post this message: "Thanks to Facebook, I can get a glimpse into the world of these kind folks. It's such a diverse group.* Reader's Digest *clearly attracts good and interesting people." Here are three of those posts:*

"You are/were truly a miracle baby. Your mom must have been a very special lady, and your dad—well, he obviously did a fine job in caring for and encouraging you."

June Goddard

"As I was reading your story, my heart went out to the entire town. I can't imagine the horror that the families of the Buffalo Creek valley were feeling that tragic day."

Tammie Harnett

"I just read the article. It's pretty amazing. I was in awe of the fact that your mother knew the only way you had a chance was to let go of you."

Dianne Pruitt Blake

discussing their loved ones. That's talking about religion; that's talking about God.

Vincenza Terrinoni, Jamesville, New York

LET'S PLAY!

OUR PHOTO, YOUR CAPTION

"A little more to the right ..."
Chad Ballard

"Mom always said to reach for the sky!" *Rebecca Goldberg*

"I need a new pillow!"
Mercylynne Bastian

"Just saving info to my iCloud ..."
Emy Garcia de Flores

"Oops! I thought this was cloud nine." *Fedena Johnson-Pinet*

"She's upsetting the stratus quo!"
George Huber

Responses submitted via facebook.com/readersdigest.

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RD Recommends*

GREATEST HITS FROM OUR STAFF BLOG

* **In case you missed it,** go to **readersdigest.com/recommends.**

Of Immediate Interest

I'LL TAKE "FILE MY TAXES" FOR $400

Plug your to-do list into the EpicWin app and gamify your way through boring admin and chores to win points, gain treasure, and level up. Score.

WHY WE BUY

You know careful marketers influence you through packaging, but *Psychology Today* notes that round, red, or heavy items may nudge your brain to purchase.

PEACE OUT, GERMS

Most read!

Avoid colds and flu with Halo Oral Antiseptic spray; a hospital study found it effectively killed 99.9 percent of infectious airborne germs.

ART TOO WEIRD TO BE IGNORED

The Museum of Bad Art (MOBA), near Boston, proudly displays sometimes unintentionally funny work that's more *Moaning Lisa* than *Mona Lisa* (museum ofbadart.org).

GAMERS VS. SURGEONS (AND GUESS WHO WON)

Researchers pitted surgeons-in-training against video game–loving students on a robotic surgical simulator. Paging Doogie Howser: The 16-year-olds blew away the med residents (average age: 31).

Most retweets!

THIS IS WHAT REAL SPORTSMANSHIP LOOKS LIKE

Instant viral video: a school wrestling match. Jared, who has cerebral palsy, gets down on the mat, where Justin, who does not, makes himself get pinned. Our call? Both get the win.

LINCOLN: BRINGING SEXY BACK

Mental Floss found that Honest Abe grew his iconic beard because of one fangirl's letter: "All the ladies like whiskers and they would tease their husbands to vote for you."

IT CAME FROM INSIDE THE COUCH!

Studies show that 85 percent of sofas tested use toxic flame retardants, which you breathe. Wash hands, vacuum, and dust.

NEED A BOOST?

Motivational shock blogger Alden Tan curated photos of great human spirit. Most moving? The smiling young boy posing near his prosthetic legs.

GOOD NIGHT, EARTH

Lull yourself: Wired.com collected incredible NASA satellite images of our planet at night, and they're simply enchanting.

Of Lasting Interest

CLOCKWISE FROM LEFT: COURTESY MUSEUM OF BAD ART. BOB D'AMICO/ABC/GETTY IMAGES. COURTESY NASA EARTH OBSERVATORY/NOAA NGDC.

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Everyday Heroes

EDITED BY BETH DREHER

All Dressed Up with No Place to Go

Dog lover beautifies pups to get them adopted

BY ALISON CAPORIMO

Photographer Teresa Berg replaces a Rottweiler's collar with a bright pink scarf. She picks the perfect string of pearls to complement a dachshund's coat. She's taking glamour shots of shelter dogs, from miniature poodles to Great Danes, in the hopes that her spiffed-up subjects will be adopted more quickly. "Most photos show dogs in cages, looking dirty and mangy," says Berg, 56. "I consider my work like an antismoking campaign. We have to make adopting cool."

When her father wouldn't allow her a dog of her own as a kid,

To watch an interview with Teresa Berg, download the *Reader's Digest* app for your iPad or Kindle Fire.

Berg adopted dachshund Flash, left, and Pomeranian Maggie.

COURTESY TERESA BERG

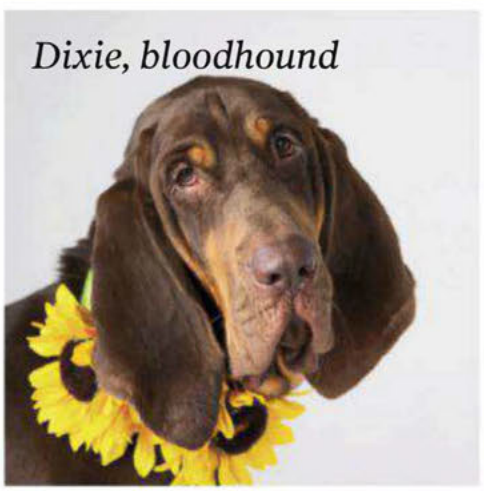
Berg roamed her Minneapolis neighborhood rounding up homeless canines and hiding them in the family garage. "As soon as my dad came home from work, he would let them go," Berg recalls. Her father did, however, show her how to use a camera. Together, the pair took pictures and developed them in the darkroom at his office.

Living in Dallas at 24, Berg found her perfect roommate on the street: a Border collie–Shetland sheepdog mix she named Gypsy. "I've always had a soft spot for the ones that don't have anyone to love," says Berg.

Over the years, she worked as a real estate agent, but she finally quit in 2006 to launch a photography business. Searching the Internet for a dog to adopt as a companion for Max, her Pomeranian, she was instantly put off by the photos she found online: "They had dirty laundry, dirty dishes, and empty pizza boxes in the background," she says. "Sometimes it was hard to see the dog."

Berg finally found Flash, a 12-year-old long-haired dachshund who was part of a Dallas rescue group. She went to pick him up and ended up volunteering to take pictures of all 25 of the rescued dogs there for free. As more dogs went to the program, she took their pictures too. In the following year, after the photos went up on the website of the Dallas–Fort Worth Dachshund

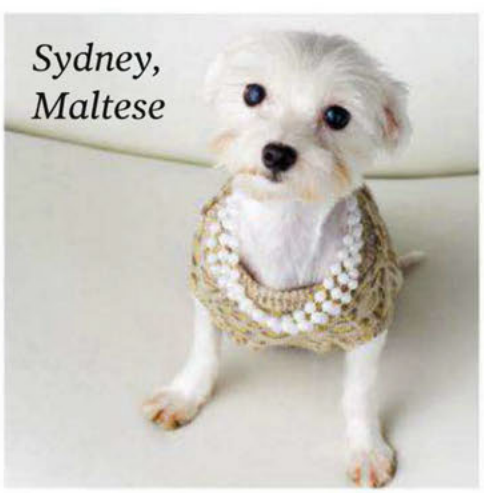
COURTESY TERESA BERG (6)


Dixie, bloodhound

Abbott, dachshund

Emma, Lab mix

Sweet Jackson, pug mix


Sydney, Maltese

Ariel, Lab mix

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Rescue, the group's director noticed that adoptions had doubled compared with the previous year. She attributed this to the professional photos—Berg's work had paid off. "When dogs are adopted that quickly, it makes room for others off the streets," Berg says.

With this success in hand, she created studios in two different shelters, with lights, reflectors, rolls of backdrop paper, and platforms for her subjects to sit on.

Over the years, Berg has developed a few tricks to snap flattering pictures of the dogs: position them so that light falls on their faces, and shoot at eye level. "I spend a lot of time lying on my stomach," she says.

In 2011, hoping to inspire more photographers, Berg posted video seminars on focusonrescue.com. About 75 people per month now watch her offer tips for taking quality pet photos. She's gratified to see the recent wave of well-shot dog photography on shelter websites and social-media sites.

In the past couple of years, Berg has added two dogs to the Dallas home she shares with Flash and her husband, Tom McCaffrey, a high school teacher: a dachshund named Jasper and a Pomeranian named Maggie. "I want to take all the shelter dogs home; that's the hard part," Berg says. "I have a particular affinity for dogs with gray muzzles."

Dogs like the ones on the previous page are available for adoption at collincountyhumanesociety.org.

Marcos (left) and Cody are now buddies.

The Fire Upstairs

Teen braves blaze to help neighbors in need

One evening last fall, while Marcos Ugarte did his homework and his father, Eduardo, a teacher, prepared lesson plans, they heard yelling outside. Eduardo, 47, and Marcos, 15, stepped onto the porch of their two-story contemporary home in Troutdale, Oregon, and saw a commotion four doors down,

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outside the home of one of their neighbors, the Ma family. "I didn't think anything was wrong," Eduardo recalls. "I told Marcos we should give them some privacy." He headed back inside, but Marcos's eye was caught by a glow from the Ma house.

"Dad, the house is on fire!" Marcos cried.

Clad only in shorts, the barefoot teen sprinted toward the Mas' home with his dad. Grandmother Yim Ma, mother Suzanne Ma, and son Nathan Ma were gathered on the front lawn yelling for help. When the Ugartes got there, they saw through the open front door that father Alex Ma was stumbling down the stairs, coughing, his face black with soot.

As the fire raged, Eduardo banged on the door and tried to turn the knob. No response.

"Is anyone else in the house?" Eduardo asked.

"My son!" Alex managed to say, pointing to the second floor. Eduardo started up the stairs, but thick, black smoke, swirling ash, and intense heat forced him to his knees. He crawled upstairs and down the hall where Alex said he'd find Cody, eight, who had locked himself in a bedroom.

"I'd never seen smoke like that," says Eduardo. "My glasses immediately turned black from the ash."

As the fire raged across the hall, Eduardo banged on the bedroom door and tried to turn the doorknob. But Cody didn't respond, and Eduardo made his way back downstairs.

At the same time, Marcos saw Yim and Suzanne pulling an aluminum ladder out of the garage. "Cody was standing at the window, screaming for help," says Marcos. "I knew I had to do something." He grabbed the ladder, positioned it near the window, and climbed toward the boy.

When Marcos reached the window, he pushed the screen into the room and coaxed Cody out. "It's OK," Marcos told him. "I've got you."

Holding Cody with one arm, Marcos descended the ladder. Halfway down, he handed the boy to a neighbor.

When firefighters arrived a few minutes later, plumes of black smoke were billowing from the back of the house as flames engulfed the second floor. Emergency personnel took Cody to a nearby hospital, where he was treated for smoke inhalation and released. No one else was injured. The cause of the blaze is still under investigation.

"You just don't see a teenager have that kind of composure," says Mark Maunder, Gresham Fire Department battalion chief.

The Ma family relocated because their house is still uninhabitable. The day after the fire, Alex visited Marcos. "Thank you for saving my son," Alex said. "You are his hero forever."

Beth Dreher

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Laughter, the Best Medicine

Terriers and Tiaras

A national cable network unveiled a new channel of programming exclusively for dogs. The *Week* asked its readers to come up with the name of the first hit sitcom for Dog TV.

- *Rex and the City*
- *The Big Bone Theory*
- *Gimme Kibble Live*
- *How I Bit Your Mother*
- *So You Think You Can Bark*

Fred's father, grandfather, and great-grandfather had all been able to walk on water to the bar across the lake for their first legal drinks. So when Fred's 21st birthday came around, he rowed out to the middle of the lake, stepped out of the boat, and nearly drowned. Fred climbed back in and went to see his grandmother.

"Grandma," he asked, "it's my 21st birthday, so why can't I walk across the lake like my father, his father, and his father before him?"

Granny looked kindly into Fred's eyes and said, "Because they were all born in January, and you were born in August."

How many chiropractors does it take to change a lightbulb? Only one, but it takes six visits.

I've never been swimming. That's because it's never been more than half an hour since I last ate.

Comedian *Artie Lange*

WHATTA PILL

I'm on a Valium diet. I take three for breakfast, and the rest of the day, the food keeps falling out of my mouth.

Writer *Max Alexander*

ILLUSTRATION BY DAN REYNOLDS

TWEETER'S DIGEST

I do this amazing trick where I can erase every restaurant from your memory. Ready? OK, here goes ... "Where should we go for dinner?"

@justinshanes

Woman across from me will NOT shut up about where she works. Ugh, I hate job interviews.

@jenstatsky

Why didn't Han Solo enjoy his steak dinner? It was Chewie.

@movingsideways
(Chris Hauselt)

Calling Merriam-Webster!

How many times have you thought, "There oughta be a word for that!"? Writer Lizzie Skurnick beat you to it.

- **Stinkubus:** The source of a mysterious stench. "Jamal realized his kitchen's *stinkubus* was the organic carrots he'd left in the crisper for six weeks."
- **Findling:** An orphaned object. "Vacuuming under his bed yielded Kurt a bevy of *findlings*, including two missing socks, his wife's earring, and a phone charger."
- **Domestech:** Household member who supports electronic devices. "After school, Rose resumed her duties as resident *domestech* and installed virus protection on her dad's Dell."
- **Fanthropomorphize:** To confuse celebrity behavior with that of ordinary humans. "David laughed at his wife for *fanthropomorphizing* Molly Ringwald to the extent that she believed they shared a skin regime."
- **Palbatross:** The disliked friend of a friend. "Ilene lamented how Laura's *palbatross* from her office always insisted they eat vegetarian."

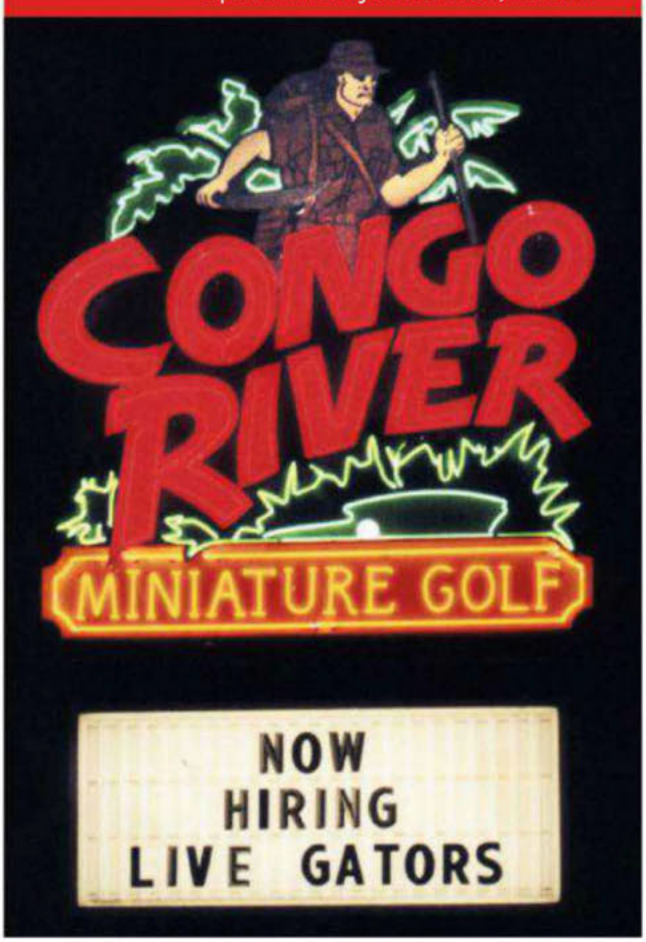
From theoldhag.com

"You haven't listened to a word I've said, have you?" always seems like a strange way for my girlfriend to start a conversation with me.

collegehumor.com

PERKS: ALL THE GOLFERS YOU CAN EAT

Spotted in Daytona Beach, Florida



JULIAN BELSH/SIGNSPOTTING

Your favorite new joke, funny anecdote, or crazy news story might be worth $$$. See page 89 for details.

IF YOU CAN **TALK** ABOUT IT,
YOU CAN TREAT IT.

One application
90 DAYS AT A TIME

ESTRING® (estradiol vaginal ring) treats the postmenopausal symptoms of vaginal atrophy.

So just when you're at the age when you should be able to sit back and relax, your postmenopausal body ups and spoils things with:

- Vaginal dryness, burning, or itching
- Sudden urge to urinate
- Painful sexual intercourse
- Painful urination

If you can speak to your doctor about your symptoms, you may be well on your way to joining the many other women who have found relief with ESTRING. It's the soft, flexible vaginal ring that gives you a steady low dose of estrogen continuously for 90 days.

Ask your doctor if ESTRING is right for you. Visit ESTRING.COM.

ESTRING is used after menopause to treat moderate to severe vaginal itching, burning and dryness, painful intercourse, urinary urgency, and painful urination due to urogenital atrophy.

Important Safety Information

Estrogens increase the risk of cancer of the uterus. It is important that you report any unusual vaginal bleeding to your doctor right away. Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia. Using estrogens with or without progestins may increase your risk of heart attack, stroke, breast cancer, or blood clots. Using estrogens with or without progestins may increase your risk of dementia, based on a study of women aged 65 years or older. Estrogens should only be used for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with ESTRING.

ESTRING should be removed after 90 days of continued use. Do not use ESTRING if you have unusual vaginal bleeding, have or have had cancer of the breast or uterus, had a stroke or heart attack, have or have had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant.

The most frequently reported side effects are headaches, increased vaginal secretions, vaginal discomfort, abdominal pain, and genital itching.

Call your healthcare provider right away if you have any of the following warning signs: breast lumps, unusual vaginal bleeding, dizziness and faintness, changes in speech, severe headaches, chest pain, shortness of breath, pain in your legs, or changes in vision.

Carefully follow instructions for use. If you have any difficulty removing ESTRING, contact your healthcare provider right away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of Safety Information on following page.

MAYBE IT'S TIME TO TALK ABOUT THE RING℠

Once for 90 days

Estring®
(estradiol vaginal ring) 2 mg

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com

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ESTRING® (estradiol vaginal ring) **Rx Only**

BRIEF SUMMARY: Consult the full Prescribing Information for complete product information.

WARNINGS

ENDOMETRIAL CANCER: Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. (See **WARNINGS, Malignant neoplasms, *Endometrial cancer***.)

CARDIOVASCULAR AND OTHER RISKS: Estrogens with or without progestins should not be used for the prevention of cardiovascular disease or dementia. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Cardiovascular disorders** and **Dementia**.) The Women's Health Initiative (WHI) estrogen alone substudy reported increased risks of stroke and deep vein thrombosis (DVT) in postmenopausal women (50 to 79 years of age) during 6.8 years and 7.1 years, respectively, of treatment with daily oral conjugated estrogens (CE 0.625 mg) relative to placebo. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Cardiovascular disorders**.) The estrogen plus progestin WHI substudy reported increased risks of myocardial infarction, stroke, invasive breast cancer, pulmonary emboli, and DVT in postmenopausal women (50 to 79 years of age) during 5.6 years of treatment with daily oral CE 0.625 mg combined with medroxyprogesterone acetate (MPA 2.5 mg), relative to placebo. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Cardiovascular disorders** and **Malignant neoplasms, *Breast cancer***.) The Women's Health Initiative Memory Study (WHIMS), a substudy of the WHI, reported increased risk of developing probable dementia in postmenopausal women 65 years of age or older during 5.2 years of treatment with daily CE 0.625 mg alone and during 4 years of treatment with daily CE 0.625 mg combined with MPA 2.5 mg, relative to placebo. It is unknown whether this finding applies to younger postmenopausal women. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Dementia** and **PRECAUTIONS, Geriatric Use**.) In the absence of comparable data, these risks should be assumed to be similar for other doses of CE and MPA and other combinations and dosage forms of estrogens and progestins. Because of these risks, estrogens with or without progestins should be prescribed at the lowest effective doses and for the shortest duration consistent with treatment goals and risks for the individual woman.

INDICATIONS AND USAGE: ESTRING is an estrogen indicated for the treatment of moderate to severe urogenital symptoms due to postmenopausal atrophy of the vagina (such as dryness, burning, pruritus and dyspareunia) and/or the lower urinary tract (urinary urgency and dysuria).

CONTRAINDICATONS: ESTRING vaginal ring should not be used in women with any of the following conditions: 1. Undiagnosed abnormal genital bleeding. 2. Known, suspected, or history of cancer of the breast. 3. Known or suspected estrogen-dependent neoplasia. 4. Active deep vein thrombosis, pulmonary embolism or a history of these conditions. 5. Active or recent (within the past year) arterial thromboembolic disease (for example, stroke and myocardial infarction). 6. Known liver dysfunction or disease. 7. Known hypersensitivity to any of the ingredients in ESTRING. 8. Known or suspected pregnancy.

WARNINGS

ESTRING is a vaginal administered product with low systemic absorption following continuous use for 3 months (see CLINICAL PHARMACOLOGY, Pharmacokinetics, **Absorption** in full prescribing information). The estrogen plus progestin substudy of WHI utilized systemically-absorbed oral estrogen/progestin. However, the warnings, precautions, and adverse reactions associated with oral estrogen and/or progestin therapy should be considered in the absence of comparable data with other dosage forms of estrogens and/or progestins. **1. Cardiovascular disorders:** An increased risk of stroke and deep vein thrombosis (DVT) has been reported with estrogen alone therapy. An increased risk of stroke, DVT, pulmonary embolism, and myocardial infarction has been reported with estrogen plus progestin therapy. Should any of these occur or be suspected, estrogens with or without progestins should be discontinued immediately. Risk factors for arterial vascular disease (for example, hypertension, diabetes mellitus, tobacco use, hypercholesterolemia, and obesity) and/or venous thromboembolism (VTE) (for example, personal history or family history of VTE, obesity, and systemic lupus erythematosus) should be managed appropriately. ***a. Stroke:*** In the Women's Health Initiative (WHI), estrogen alone substudy, a statistically significant increased risk of stroke was reported in women receiving daily conjugated estrogens (CE 0.625 mg) compared to placebo (45 versus 33 per 10,000 women-years). The increase in risk was demonstrated in year one and persisted. (See **CLINICAL STUDIES** in full prescribing information.) In the estrogen plus progestin substudy of WHI, a statistically significant increased risk of stroke was reported in women receiving daily CE 0.625 mg plus medroxyprogesterone acetate (MPA 2.5 mg) compared to placebo (31 versus 24 per 10,000 women-years). The increase in risk was demonstrated after the first year and persisted. (See **CLINICAL STUDIES** in full prescribing information.) ***b. Coronary heart disease:*** In the estrogen alone substudy of WHI, no overall effect on coronary heart disease (CHD) events (defined as nonfatal myocardial infarction [MI], silent MI and CHD death) was reported in women receiving estrogen alone compared to placebo. (See **CLINICAL STUDIES** in full prescribing information.) In the estrogen plus progestin substudy of WHI, no statistically significant increase of CHD events was reported in women receiving CE/MPA compared to women receiving placebo (39 versus 33 per 10,000 women-years). An increase in relative risk was demonstrated in year 1, and a trend toward decreasing relative risk was reported in years 2 through 5. (See **CLINICAL STUDIES** in full prescribing information.) In postmenopausal women with documented heart disease (n = 2,763, average age 66.7 years), in a controlled clinical trial of secondary prevention of cardiovascular disease (Heart and Estrogen/Progestin Replacement Study [HERS]) treatment with daily CE 0.625 mg/MPA 2.5 mg demonstrated no cardiovascular benefit. During an average follow-up of 4.1 years, treatment with CE/MPA did not reduce the overall rate of CHD events in postmenopausal women with established coronary heart disease. There were more CHD events in the CE/MPA-treated group than in the placebo group in year one, but not during the subsequent years. Two thousand three hundred and twenty-one (2,321) women from the original HERS trial agreed to participate in an open label extension of HERS, HERS II. Average follow-up in HERS II was an additional 2.7 years, for a total of 6.8 years overall. Rates of CHD events were comparable among women in the combined continuous CE/MPA treatment group and the placebo group in HERS, HERS II, and overall. ***c. Venous thromboembolism (VTE):*** In the estrogen alone substudy of WHI, the risk of VTE (DVT and pulmonary embolism [PE]) was reported to be increased for women receiving daily CE compared to women receiving placebo (30 versus 22 per 10,000 women-years), although only the increased risk of DVT reached statistical significance (23 versus 15 per 10,000 women-years). The increase in VTE risk was demonstrated during the first two years. (See **CLINICAL STUDIES** in full prescribing information.) In the estrogen plus progestin substudy of WHI, a statistically significant two-fold greater rate of VTE was reported in women receiving daily CE/MPA compared to women receiving placebo (35 versus 17 per 10,000 women-years). Statistically significant increases in risk for both DVT (26 versus 13 per 10,000 women-years) and PE (18 versus 8 per 10,000 women-years) were also demonstrated. The increase in VTE risk was observed during the first year and persisted. (See **CLINICAL STUDIES** in full prescribing information.) If feasible, estrogens should be discontinued at least 4 to 6 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization. **2. Malignant neoplasms:** ***a. Endometrial cancer:*** An increased risk of endometrial cancer has been reported with the use of unopposed estrogen therapy in women with a uterus. The reported endometrial cancer risk among unopposed estrogen users is about 2 to 12-times greater than in nonusers, and appears dependent on duration of treatment and on estrogen dose. Most studies show no significant increased risk associated with use of estrogens for less than 1 year. The greatest risk appears associated with prolonged use, with increased risks of 15 to 24-fold for 5 to 10 years or more. This risk has been shown to persist for at least 8 to 15 years after estrogen therapy is discontinued. Clinical surveillance of all women taking estrogen plus progestin therapy is important. Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is no evidence that the use of natural estrogens result in a different endometrial risk profile than synthetic estrogens of equivalent estrogen dose. Adding a progestin to estrogen therapy has been shown to reduce the risk of endometrial hyperplasia, which may be a precursor to endometrial cancer. ***b. Breast cancer:*** The use of estrogens and progestins by postmenopausal women has been reported to increase the risk of breast cancer in some studies. Observational studies have also reported an increased risk of breast cancer for estrogen plus progestin therapy, and a smaller increased risk for estrogen alone therapy, after several years of use. The risk increased with duration of use, and appeared to return to baseline over about 5 years after stopping treatment (only the observational studies have substantial data on risk after stopping). Observational studies also suggest that the risk of breast cancer was greater, and became apparent earlier, with estrogen plus progestin therapy as compared to estrogen alone therapy. However, these studies have not found significant variation in the risk of breast cancer among different estrogen plus progestin combinations, doses, or routes of administration. The most important randomized clinical trial providing information about this issue is the Women Health Initiative (WHI) substudy of daily conjugated estrogens (CE 0.625 mg) plus medroxyprogesterone acetate (MPA 2.5 mg) (see **CLINICAL STUDIES** in full prescribing information). In the estrogen alone substudy of WHI, after an average of 7.1 years of follow-up, daily CE 0.625 mg was not associated with an increased risk of invasive breast cancer (relative risk [RR] 0.80, 95 percent nominal confidence interval [nCI] 0.62-1.04). In the estrogen plus progestin substudy, after a mean follow-up of 5.6 years, the WHI substudy reported an increased risk of breast cancer in women who took daily CE/MPA. In this substudy, prior use of estrogen alone or estrogen plus progestin therapy was reported by 26 percent of the women. The relative risk of invasive breast cancer was 1.24 (95 percent nCI, 1.01-1.54), and the absolute risk was 41 versus 33 cases per 10,000 women-years, for estrogen plus progestin compared with placebo, respectively. Among women who reported prior use of hormone therapy, the relative risk of invasive breast cancer was 1.86, and the absolute risk was 46 versus 25 cases per 10,000 women-years, for CE/MPA compared with placebo. Among women who reported no prior use of hormone therapy, the relative risk of invasive breast cancer was 1.09, and the absolute risk was 40 versus 36 per 10,000 women-years for estrogen plus progestin compared with placebo. In the same substudy, invasive breast cancers were larger and diagnosed at a more advanced stage in the CE/MPA group compared with the placebo group. Metastatic disease was rare with no apparent difference between the two groups. Other prognostic factors such as histologic subtype, grade, and hormone receptor status did not differ between the groups. The use of estrogen alone and estrogen plus progestin has been reported to result in an increase in abnormal mammograms requiring further evaluation. All women should receive yearly breast exams by a healthcare provider and perform monthly self-examinations. In addition, mammography examinations should be scheduled based on patient age, risk factors, and prior mammogram results. ***c. Ovarian cancer:*** The estrogen plus progestin substudy of WHI reported that daily CE/MPA increased the risk of ovarian cancer. After an average follow-up of 5.6 years, the relative risk for ovarian cancer for CE/MPA versus placebo was 1.58 (95 percent nCI, 0.77-3.24) but was not statistically significant. The absolute risk for CE/MPA was 4.2 versus 2.7 cases per 10,000 women-years. In some epidemiologic studies, the use of estrogen-only products, in particular for 10 or more years, has been associated with an increased risk of ovarian cancer. Other epidemiologic studies have not found these associations. **3. Dementia:** In the estrogen alone Women's Health Initiative Memory Study (WHIMS), a substudy of WHI, a population of 2,947 hysterectomized women aged 65 to 79 years was randomized to daily conjugated estrogens (CE 0.625 mg) or placebo. In the estrogen plus progestin **WHIMS** substudy, a population of 4,532 postmenopausal women aged 65 to 79 years was randomized to daily CE 0.625 mg plus medroxyprogesterone acetate (MPA 2.5 mg) or placebo. In the estrogen alone substudy, after an average follow-up of 5.2 years, 28 women in the CE alone group and 19 women in the placebo group were diagnosed with probable dementia. The relative risk of probable dementia for estrogen CE alone versus placebo was 1.49 (95 percent CI, 0.83-2.66). The absolute risk of probable dementia for CE alone versus placebo was 37 versus 25 cases per 10,000 women-years. (See **CLINICAL STUDIES** in full prescribing information and **PRECAUTIONS, Geriatric Use**.) In the estrogen plus progestin substudy, after an average follow-up of 4 years, 40 women in the CE/MPA group and 21 women in the placebo group were diagnosed with probable dementia. The relative risk of probable dementia for CE/MPA versus placebo was 2.05 (95 percent CI, 1.21-3.48). The absolute risk of probable dementia for CE/MPA versus placebo was 45 versus 22 cases per 10,000 women-years. (See **CLINICAL STUDIES** in full prescribing information and **PRECAUTIONS, Geriatric Use**.) When data from the two populations were pooled as planned in the WHIMS protocol, the reported overall relative risk for probable dementia was 1.76 (95 percent CI, 1.19-2.60). Since both substudies were conducted in women aged 65 to 79 years, it is unknown whether these findings apply to younger postmenopausal women. (See **BOXED**

WARNINGS and **PRECAUTIONS, Geriatric Use.**) **4. Gallbladder disease:** A two- to four-fold increase in the risk of gallbladder disease requiring surgery in postmenopausal women receiving estrogens has been reported. **5. Hypercalcemia:** Estrogen administration may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures taken to reduce the serum calcium level. **6. Visual abnormalities:** Retinal vascular thrombosis has been reported in patients receiving estrogens. Discontinue medication pending examination if there is sudden partial or complete loss of vision, or a sudden onset of proptosis, diplopia, or migraine. If examination reveals papilledema or retinal vascular lesions, estrogens should be discontinued.

PRECAUTIONS: A. General: 1. Addition of a progestin when a woman has not had a hysterectomy: Studies of the addition of a progestin for 10 or more days of a cycle of estrogen administration, or daily with estrogen in a continuous regimen, have reported a lowered incidence of endometrial hyperplasia than would be induced by estrogen treatment alone. Endometrial hyperplasia may be a precursor to endometrial cancer. There are, however, possible risks that may be associated with the use of progestins with estrogens compared to estrogen alone regimens. These include a possible increased risk of breast cancer, adverse effects on lipoprotein metabolism (lowering HDL, raising LDL), and impairment of glucose tolerance. **2. Elevated blood pressure:** In a small number of case reports, substantial increases in blood pressure have been attributed to idiosyncratic reactions to estrogens. In a large, randomized, placebo-controlled clinical trial, a generalized effect of estrogen therapy on blood pressure was not seen. Blood pressure should be monitored at regular intervals with estrogen use. **3. Hypertriglyceridemia:** In patients with preexisting hypertriglyceridemia, estrogen therapy may be associated with elevations of plasma triglycerides leading to pancreatitis and other complications. Consider discontinuation of treatment if pancreatitis or other complications develop. **4. Impaired liver function and past history of cholestatic jaundice:** ESTRING vaginal ring should be used with caution in patients with impaired liver function. Estrogens may be poorly metabolized in patients with impaired liver function. For patients with a history of cholestatic jaundice associated with past estrogen use or with pregnancy, caution should be exercised and in the case of recurrence, medication should be discontinued. **5. Hypothyroidism:** Estrogen administration leads to increased thyroid-binding globulin (TBG) levels. Patients with normal thyroid function can compensate for the increased TBG by making more thyroid hormone, thus maintaining free T_4 and T_3 serum concentrations in the normal range. Patients dependent on thyroid hormone replacement therapy who are also receiving estrogens may require increased doses of their thyroid replacement therapy. These patients should have their thyroid function monitored in order to maintain their free thyroid hormone levels in an acceptable range. **6. Hypocalcemia:** Estrogens should be used with caution in individuals with severe hypocalcemia. **7. Fluid retention:** Estrogens may cause some degree of fluid retention. Patients who have conditions that might be influenced by this factor, such as a cardiac or renal dysfunction, warrant careful observation when estrogens are prescribed. **8. Exacerbation of endometriosis:** Endometriosis may be exacerbated with administration of estrogens. A few cases of malignant transformation of residual endometrial implants have been reported in women treated post-hysterectomy with estrogen alone therapy. For patients known to have residual endometriosis post-hysterectomy, the addition of progestin should be considered. **9. Exacerbation of other conditions:** Estrogens may cause an exacerbation of asthma, diabetes mellitus, epilepsy, migraine or porphyria, systemic lupus erythematosus, and hepatic hemangiomas and should be used with caution in women with these conditions. **10. Location of ESTRING:** Some women have experienced moving or gliding of ESTRING within the vagina. Instances of ESTRING being expelled from the vagina in connection with moving the bowels, strain, or constipation have been reported. If this occurs, ESTRING can be rinsed in lukewarm water and reinserted into the vagina by the patient. **11. Vaginal Irritation:** ESTRING may not be suitable for women with narrow, short, or stenosed vaginas. Narrow vagina, vaginal stenosis, prolapse, and vaginal infections are conditions that make the vagina more susceptible to ESTRING-caused irritation or ulceration. Women with signs or symptoms of vaginal irritation should alert their physician. **12. Vaginal Infection:** Vaginal infection is generally more common in postmenopausal women due to the lack of the normal flora of fertile women, especially lactobacillus, and the subsequent higher pH. Vaginal infections should be treated with appropriate antimicrobial therapy before initiation of ESTRING. If a vaginal infection develops during use of ESTRING, then ESTRING should be removed and reinserted only after the infection has been appropriately treated. **B. Information for the Patient:** Physicians are advised to discuss the PATIENT INFORMATION leaflet with patients for whom they prescribe ESTRING. **C. Laboratory Tests:** Serum follicle stimulating hormone and estradiol levels have not been shown to be useful in the management of moderate to severe symptoms of vulvar and vaginal atrophy. **D. Drug and Laboratory Test Interactions:** 1. Accelerated prothrombin time, partial thromboplastin time, and platelet aggregation time; increased platelet count; increased factors II, VII antigen, VIII antigen, VIII coagulant activity, IX, X, XII, VII-X complex, II-VII-X complex, and beta-thromboglobulin; decreased levels of anti-factor Xa and antithrombin III, decreased antithrombin III activity; increased levels of fibrinogen and fibrinogen activity; increased plasminogen antigen and activity. 2. Increased thyroid-binding globulin (TBG) levels leading to increased circulating total thyroid hormone levels, as measured by protein-bound iodine (PBI), T_4 levels (by column or by radioimmunoassay) or T_3 levels by radioimmunoassay. T_3 resin uptake is decreased, reflecting the elevated TBG. Free T_4 and free T_3 concentrations are unaltered. Patients on thyroid replacement therapy may require higher doses of thyroid hormone. 3. Other binding proteins may be elevated in serum, (i.e., corticosteroid binding globulin [CBG], sex hormone-binding globulin [SHBG]), leading to increased circulating corticosteroid and sex steroids, respectively. Free hormone concentrations may be decreased. Other plasma proteins may be increased (angiotensinogen/renin substrate, alpha-1-antitrypsin, ceruloplasmin). 4. Increased plasma HDL and HDL_2 cholesterol subfraction concentrations, reduced LDL cholesterol concentration, increased triglycerides levels. 5. Impaired glucose tolerance. **E. Carcinogenesis, Mutagenesis, and Impairment of Fertility:** Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, uterus, cervix, vagina, testes and liver. **F. Pregnancy:** ESTRING should not be used during pregnancy. (See **CONTRAINDICATIONS**.) There appears to be little or no increased risk of birth defects in children born to women who have used estrogens and progestins as an oral contraceptive inadvertently during early pregnancy. **G. Nursing Mothers:** ESTRING should not be used during lactation. Estrogen administration to nursing mothers has been shown to decrease the quantity and quality of the breast milk. Detectable amounts of estrogens have been identified in the milk of mothers receiving this drug. **H. Pediatric Use:** ESTRING is not indicated for pediatric use and no clinical data have been collected in children. **I. Geriatric Use:** There have not been sufficient numbers of geriatric patients involved in studies utilizing ESTRING to determine whether those over 65 years of age differ from younger subjects in their response to ESTRING. In the estrogen alone substudy of the Women's Health Initiative (WHI) study, 46 percent (n = 4,943) of subjects were 65 years of age and older, while 7.1 percent (n = 767) of subjects were 75 years of age and older. There was a higher relative risk (daily CE 0.625 mg versus placebo) of stroke in women less than 75 years of age compared to women 75 years and older. In the estrogen alone substudy of the Women's Health Initiative Memory Study (WHIMS), a substudy of WHI, a population of 2,947 hysterectomized women, aged 65 to 79 years of age, was randomized to receive daily conjugated estrogens (CE 0.625 mg daily) or placebo. After an average follow-up of 5.2 years, the relative risk (CE versus placebo) of probable dementia was 1.49 (95 percent CI, 0.83-2.66). The absolute risk of developing probable dementia with estrogen alone was 37 versus 25 cases per 10,000 women-years compared with placebo. Of the total number of subjects in the estrogen plus progestin substudy of WHI, 44 percent (n = 7,320) were 65 years of age and older, while 6.6 percent (n = 1,095) were 75 years of age and older. In women 75 years of age and older compared to women less than 75 years of age, there was a higher relative risk of nonfatal stroke and invasive breast cancer in the estrogen plus progestin group versus placebo. In women greater than 75, the increased risk of nonfatal stroke and invasive breast cancer observed in the estrogen plus progestin group compared to placebo was 75 versus 24 per 10,000 women-years and 52 versus 12 per 10,000 women-years, respectively. In the estrogen plus progestin WHIMS substudy, a population of 4,532 postmenopausal women, aged 65 to 79 years, was randomized to receive CE 0.625 mg/MPA 2.5 mg or placebo. In the estrogen plus progestin group, after an average follow-up of 4 years, the relative risk (CE/MPA versus placebo) of probable dementia was 2.05 (95 percent CI, 1.21-3.48). The absolute risk of developing probable dementia with CE/MPA was 45 versus 22 cases per 10,000 women-years compared with placebo. Seventy-nine percent of the cases of probable dementia occurred in women that were older than 70 for the CE alone group, and 82 percent of the cases of probable dementia occurred in women who were older than 70 in the CE/MPA group. The most common classification of probable dementia in both the treatment groups and placebo groups was Alzheimer's disease. When data from the two populations were pooled as planned in the WHIMS protocol, the reported overall relative risk for probable dementia was 1.76 (95 percent CI, 1.19-2.60). Since both substudies were conducted in women aged 65 to 79 years, it is unknown whether these findings apply to younger postmenopausal women. (See **BOXED WARNINGS** and **WARNINGS, Dementia**.)

ADVERSE REACTIONS: See **BOXED WARNINGS** and **PRECAUTIONS.** Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice. In the two pivotal controlled studies, discontinuation of treatment due to an adverse event was required by 5.4 percent of patients receiving ESTRING and 3.9 percent of patients receiving conjugated estrogens vaginal cream. The most common reasons for withdrawal from ESTRING treatment due to an adverse event were vaginal discomfort and gastrointestinal symptoms. The adverse events reported with a frequency of 3 percent or greater in the two pivotal controlled studies by patients receiving ESTRING or conjugated estrogens vaginal cream are listed in Table 4 of the full prescribing information. **Post-Marketing Experience:** 1. A few cases of toxic shock syndrome (TSS) have been reported in women using vaginal rings. TSS is a rare, but serious disease that may cause death. Warning signs of TSS include fever, nausea, vomiting, diarrhea, muscle pain, dizziness, faintness, or a sunburn-rash on face and body. 2. A few cases of ring adherence to the vaginal wall, making ring removal difficult, have been reported. Vaginal wall ulceration or erosion should be carefully evaluated. If an ulceration or erosion has occurred, consideration should be given to leaving the ring out and not replacing it until healing is complete in order to prevent the ring from adhering to the healing tissue. 3. A few cases of bowel obstruction and vaginal ring use have been reported. Persistent abdominal complaints consistent with obstruction should be carefully evaluated. The following additional adverse events were reported at least once by patients receiving ESTRING in the worldwide clinical program, which includes controlled and uncontrolled studies. A causal relationship with ESTRING has not been established. Body as a Whole: allergic reaction. CNS/Peripheral Nervous System: dizziness. Gastrointestinal: enlarged abdomen, vomiting. Metabolic/Nutritional Disorders: weight decrease or increase. Musculoskeletal: arthropathy (including arthrosis). Psychiatric: depression, decreased libido, nervousness. Reproductive: breast engorgement, breast enlargement, intermenstrual bleeding, genital edema, vulval disorder. Skin/Appendages: pruritus, pruritus ani. Urinary: micturition frequency, urethral disorder. Vascular: thrombophlebitis. Vision: abnormal vision. The following additional adverse reactions have been reported with estrogens: Genitourinary system: abnormal uterine bleeding/spotting; dysmenorrheal/pelvic pain; increase in size of uterine leiomyomata; vaginitis, including vaginal candidiasis; change in amount of cervical secretion; changes in cervical ectropion; ovarian cancer; endometrial hyperplasia; endometrial cancer. Breasts: tenderness, enlargement, pain, nipple discharge, galactorrhea; fibrocystic breast changes; breast cancer. Cardiovascular: deep and superficial venous thrombosis; pulmonary embolism; thrombophlebitis; myocardial infarction; stroke; increase in blood pressure. Gastrointestinal: nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice; increased incidence of gallbladder disease; pancreatitis, enlargement of hepatic hemangiomas. Skin: chloasma or melasma that may persist when drug is discontinued; erythema multiforme; erythema nodosum; hemorrhagic eruption; loss of scalp hair; hirsutism, rash. Eyes: retinal vascular thrombosis; intolerance to contact lenses. Central Nervous System: headache; migraine; dizziness; mental depression; exacerbation of chorea; nervousness; mood disturbances; irritability; exacerbation of epilepsy, dementia. Miscellaneous: increase or decrease in weight; glucose intolerance; aggravation of porphyria; edema; arthralgias; leg cramps; changes in libido; angioedema; anaphylactoid/anaphylactic reactions; hypocalcemia (preexisting condition); exacerbation of asthma; increased triglycerides.

DRUG INTERACTIONS: No formal drug interactions studies have been done with ESTRING.

OVERDOSAGE: Overdosage of estrogen may cause nausea and vomiting, breast tenderness, abdominal pain, drowsiness/fatigue and withdrawal bleeding may occur in females. Treatment of overdose consists of discontinuation of ESTRING together with institution of appropriate symptomatic care.

Revised May 2011

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The Digest

The Best for March

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NANCIE BATTAGLIA/GETTY IMAGES

Hold On

How do you break a world record for the largest raft? By holding hands for at least 30 seconds. An impressive 1,902 paddlers did just that for charity on a lake in New York's Adirondack Mountains. Canoers and kayakers united and stole the title from Pittsburgh, where 1,619 boats had bobbed together in 2010.

Food Digest

EDITED BY RACHEL HOFSTETTER

FUN

Madcap Pancakes

From decadent mix-ins to crazy shapes, here's a month's worth of weekend pancake joy

We've kept these ideas to three steps max! (You shouldn't have to think too hard before breakfast.)

Use our go-to basic pancake recipe, right, your own recipe, or your favorite boxed mix. Adjust mix-ins and toppings according to the amount of batter and your own taste.

Cake Batter

Substitute yellow cake mix for half the flour; fold in colorful sprinkles. Top with frosting.

tablespoon.com

Rainbow Pancakes

Divide batter among several bowls, one for each desired color. Add food coloring to each; prepare as instructed.

Inspired by artist Henry Hargreaves

Caramelized Bananas

Sauté sliced bananas in canola oil; add a few spoonfuls of brown sugar and a pinch of salt. Serve over pancakes.

Corn Cakes

Add ½ cup cornmeal and 1 cup frozen (thawed) corn kernels. Serve with honey—or salsa and sour cream!

S'mores

Make chocolate chip pancakes; top with marshmallow crème and graham cracker crumbs.

Red Velvet

Add 1 tbs. cocoa powder and red paste food coloring. Top with cream cheese frosting (4 oz. cream cheese, 2 tbs. butter, 3 tbs. milk, 2 cups powdered sugar).

bettycrocker.com

Double Chocolate

Add 2 tbs. cocoa powder; fold in chocolate chips.

Designer Shapes

Pour batter into squeeze bottle (like an old, clean ketchup container); draw designs directly on hot griddle.

Cinnamon Streusel

Combine ½ cup flour, ½ cup brown sugar, 1 tsp. cinnamon, and 6 tbs. cubed butter until crumb mixture forms. Sprinkle over warm pancakes.

twopeasandtheirpod.com

RECIPE

Outside the Box: Basic Pancakes

Combine 1 cup flour, 2 tbs. sugar, 2 tsp. baking powder, and ½ tsp. salt. Stir together 1 cup milk, 2 tbs. melted butter, and 1 egg; add to dry ingredients. Oil a large skillet, and cook pancakes over medium heat until tops and sides have bubbled; flip and cook until golden brown on both sides.

Everyday Food

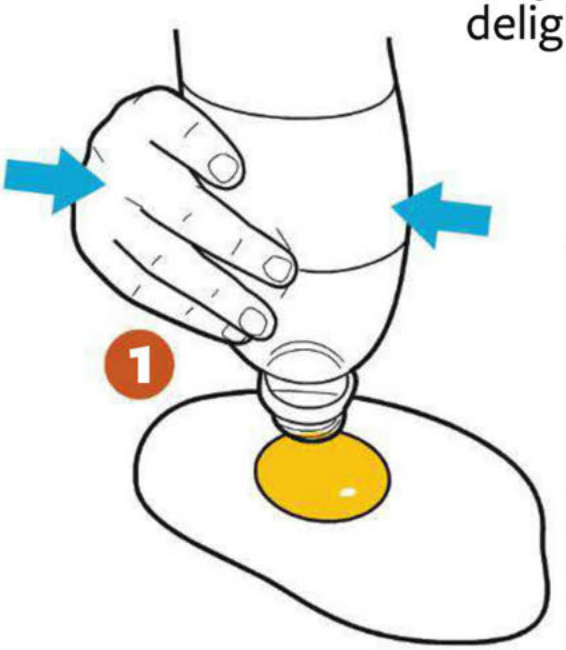
FOOD STYLIST: MARIANA VELASQUEZ FOR BIG LEO; PROP STYLIST: SARAH CAVE FOR BIG LEO

PHOTOGRAPHS BY WILLIAM BRINSON

PROBLEM SOLVER

Simple Feats of Food Genius

These easy tricks of the trade will amaze and delight even the savviest eaters

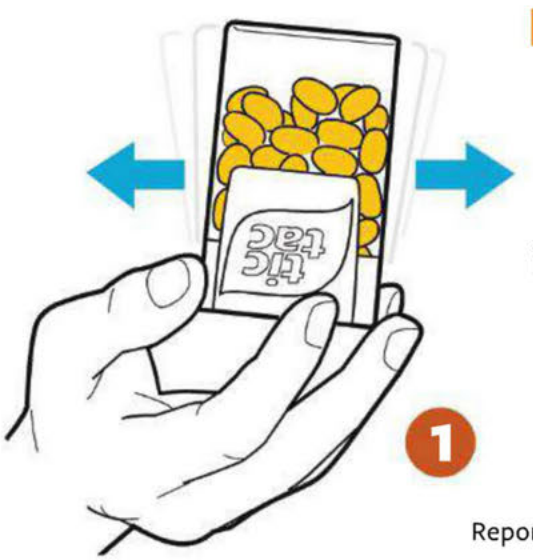


Separate Egg Yolks and Whites

All you need is a little help from a clean, empty water bottle. Crack an egg into a shallow bowl, then hold the mouth of the bottle near the yolk and gently squeeze. When you release the squeeze, the yolk will be sucked out, and you can deposit it into another bowl.

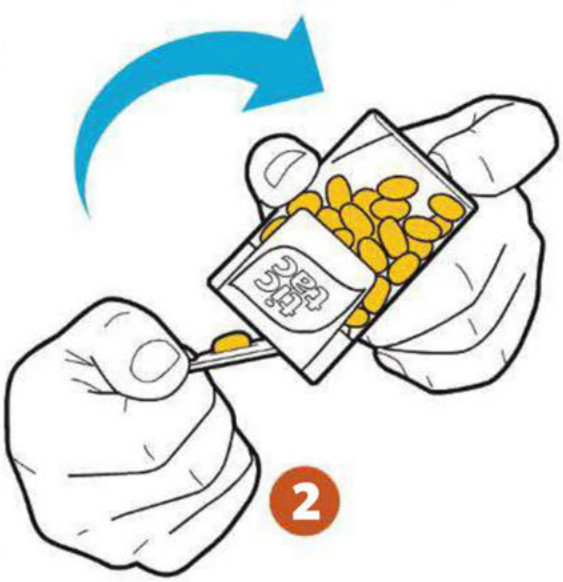
Drink Soda with a Straw

Swirl that little pop-top tab around 180 degrees after opening. Voilà! A perfect holder that keeps your straw in the upright and locked position.



Properly Dispense One Tic Tac

Flip the container upside down, shake, and slowly open the lid while—this is the important part—the container remains partially upside down. A single mint will be your reward.



Reporting by *Lauren Gniazdowski*

ILLUSTRATIONS BY JASON LEE

THERE'S NO TASTE LIKE HOME.

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ADVICE

Secrets of a Fix-It Cook

Burned dinner? Don't toss it! Here's how to turn any mishap into something delicious.

BY TAMAR ADLER

Make crostini out of anything—these are topped with roasted beets.

While you can't undo a kitchen mistake, you can almost always salvage it. First, I let myself have a moment of mourning, and then I dig into my imagined catalog of dishes that have been cooked and eaten before. What does this exotic new thing want to be? A simple switch in direction can take a dish from flop to fantastic.

IF YOU BURN VEGETABLES

Turn them into a side dish. In the Mediterranean, charred vegetables are drizzled with good olive oil and enjoyed as a delicacy. Soft vegetables, like eggplant, tomatoes, and zucchini, can become a version of baba ghanoush. Mix together the flesh, a little of the skin, olive oil, and tahini for a smoky dip.

IF YOUR DISH IS TOO SPICY

Use it as a salsa or chutney. In condiment-intensive cuisines—like Mexican, Thai, and Indian—the strong flavors of the sauces are used to enhance the flavors of simple foods like rice, eggs, beans, and tortillas. Use a spare amount of your spicy dish to make a plain food taste better.

IF YOU BURN MEAT

You meant to make barbecue, right? Salvage what you can, and mix it with a quickie BBQ sauce (ketchup, molasses, and vinegar). Call it smoked, and it's suddenly intentional.

IF YOUR DISH IS TOO SALTY

Make topped toasts (also called crostini). Every ingredient is a star when placed on garlic-rubbed toast, and bold flavors are balanced out by the bread.

IF YOUR CAKE BREAKS

Make a trifle by layering salvaged cake pieces with fresh whipped cream and fruit in a pretty bowl.

Tamar Adler is a chef and the author of *An Everlasting Meal: Cooking with Economy and Grace* (Scribner).

PHOTOGRAPHS BY WILLIAM BRINSON; FOOD STYLIST: MARIANA VELASQUEZ FOR BIG LEO; PROP STYLIST: SARAH CAVE FOR BIG LEO

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FROM
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IN MY WORDS

The Day My Dad Dialed In

Two phone calls changed Andrew Scher's life. One announced an end; the other, a beginning.

"My dad was my best friend and my hero," says Scher.

PHOTOGRAPH BY AUSTIN HARGRAVE

I've been in the television business for more than two decades, since college. My dad and I were very close, and over the years, I told him that it was only a matter of time before I moved to Los Angeles. He would say, "As long as I'm around, you're not going anywhere. You and I are like glue."

Dad was a real blue-collar guy—he and his brother owned a drapery and home design business in Cranford, New Jersey, where I grew up. My father had a big personality; he was very charming. He didn't want me to move across the country, in an unstable career, because he knew what might happen. He would say, "OK, the show fails, and you're out of a job, and now you're in California. That's not a good idea." He always wanted me within arm's reach because he wanted to protect me.

So I continued my career on the East Coast—I worked on the *Montel Williams Show,* the *Ricki Lake Show,* the *Queen Latifah Show*. Each time I left a job, I'd think, When is that call from Los Angeles going to come? And my dad would say, "What did I tell you? You're not going anywhere. You're my best friend, and I'm yours." For 20 years, my dad and I had the same conversation.

In January 2007, Dad called with bad news. He said, "Andrew, I've been diagnosed with lung cancer." He'd smoked for many years but had quit in the early '90s. I was devastated. I told him, "Whatever we have to do to take care of this, we're going to do it."

There wasn't actually much we could do, but my dad and I talked a lot during his treatments. He had to sit through eight-hour chemotherapy sessions, and I would say, "You know, Dad, I'm going to be OK. My career is going to be OK."

One day, he said, "I know. And I know that someday you're going to be in L.A." That was the first time he'd ever acknowledged Los Angeles in a positive light.

Dad wanted me within arm's reach; he wanted to protect me.

Watching my dad die was a horrible experience. I would ask him how he was feeling, but he never let on that he was in pain. My father never wanted anyone to worry about him. One of the most frustrating parts of the experience was that I felt like I couldn't get straight answers from his doctors. They'd say, "Your dad is a very sick man." Everything else would go over my head.

I would say to my wife, Michelle, "This is so unfair. I wish there was a way people could learn how to be better patients and better caretakers, how to understand what the doctors are telling you."

I buried him on May 17, 2007, just four months after that phone call. He was 69.

Six months later, I got a call from CBS. Executives wanted to >>

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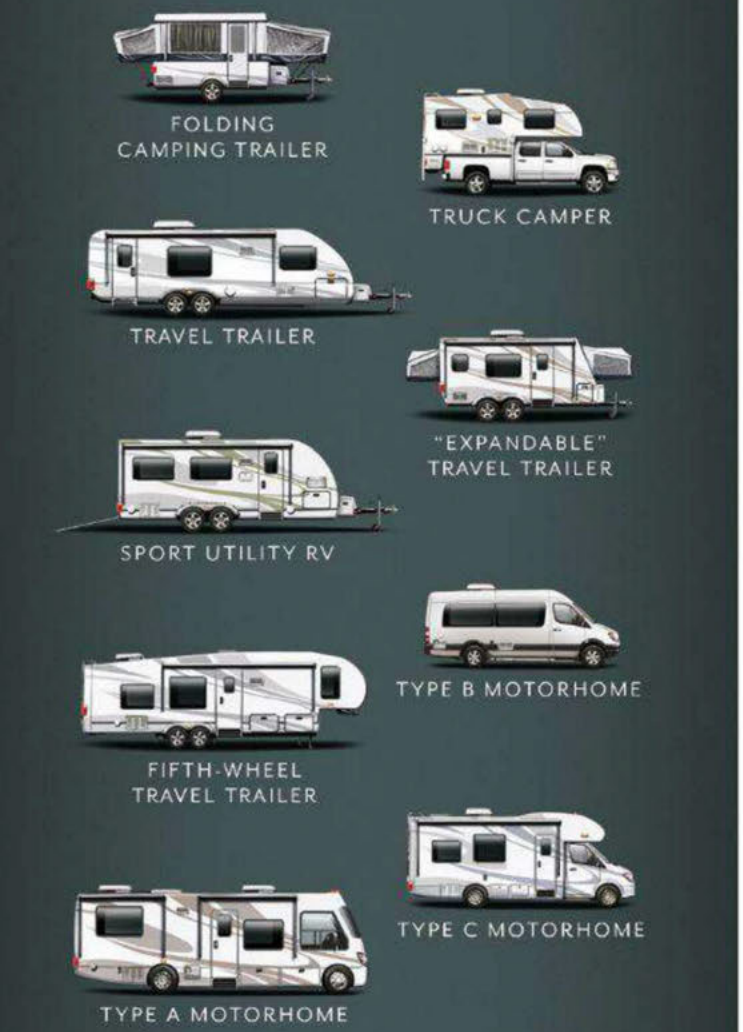

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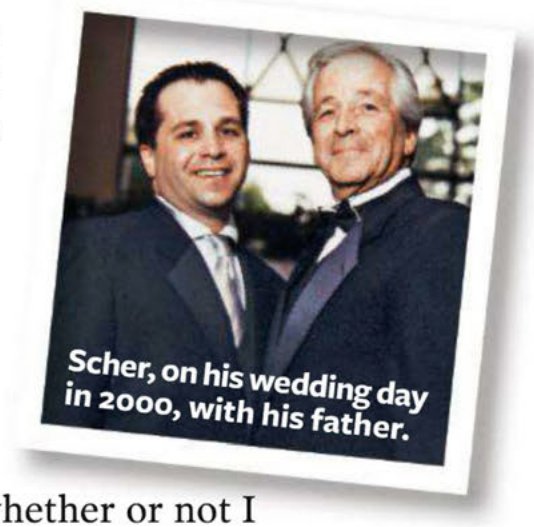
interview me for a position with the TV show *The Doctors*, in Los Angeles. I thought I'd nailed the interview, but two weeks went by, and I didn't hear anything.

One day, I decided to visit my dad's grave in Woodbridge, New Jersey. I got to the cemetery and started talking out loud to Dad: "I want to change people's lives. I can take the experience I had with you and teach people how to get through it. I know you know whether or not I got this job. If there's anything you can do to make that telephone call happen today, then I'll know it's coming from you."

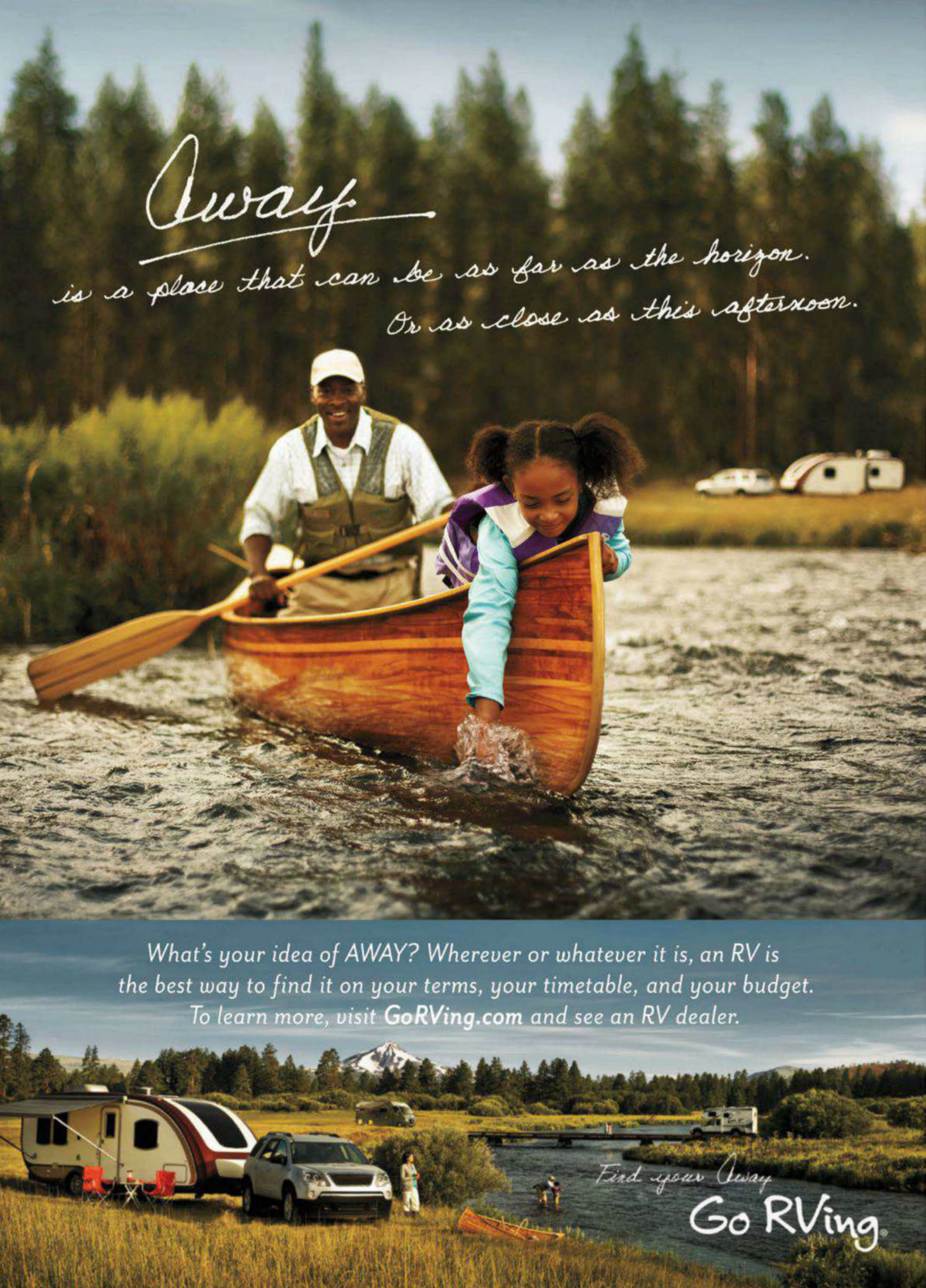


Scher, on his wedding day in 2000, with his father.

COURTESY ANDREW SCHER

I put my car in park and shut my engine off—then my cell phone rang. It was two executives from *The Doctors*. They said, "We'd like to offer you a job as one of the executive producers of *The Doctors*."

I was speechless. For 20 years, I wasn't supposed to go to L.A., but now I had a purpose. I look at the job as a celebration of my father's life. He's saying, I'm handing you the baton, Andrew. Now go protect other people. ■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KIDS

The Nest Is Empty! Now What?

My conflicted kid-free life

BY LISA BELKIN ● FROM *Huffington Post*

"Empty nester!" friends exclaim. "How is it?" Just as I thought it would be. And different.

I had expected to have more free time after my sons, Evan and Alex, each left for college, and I do. The kitchen calendar looks spare. Family dinner is no longer a requirement. There is a lot less laundry.

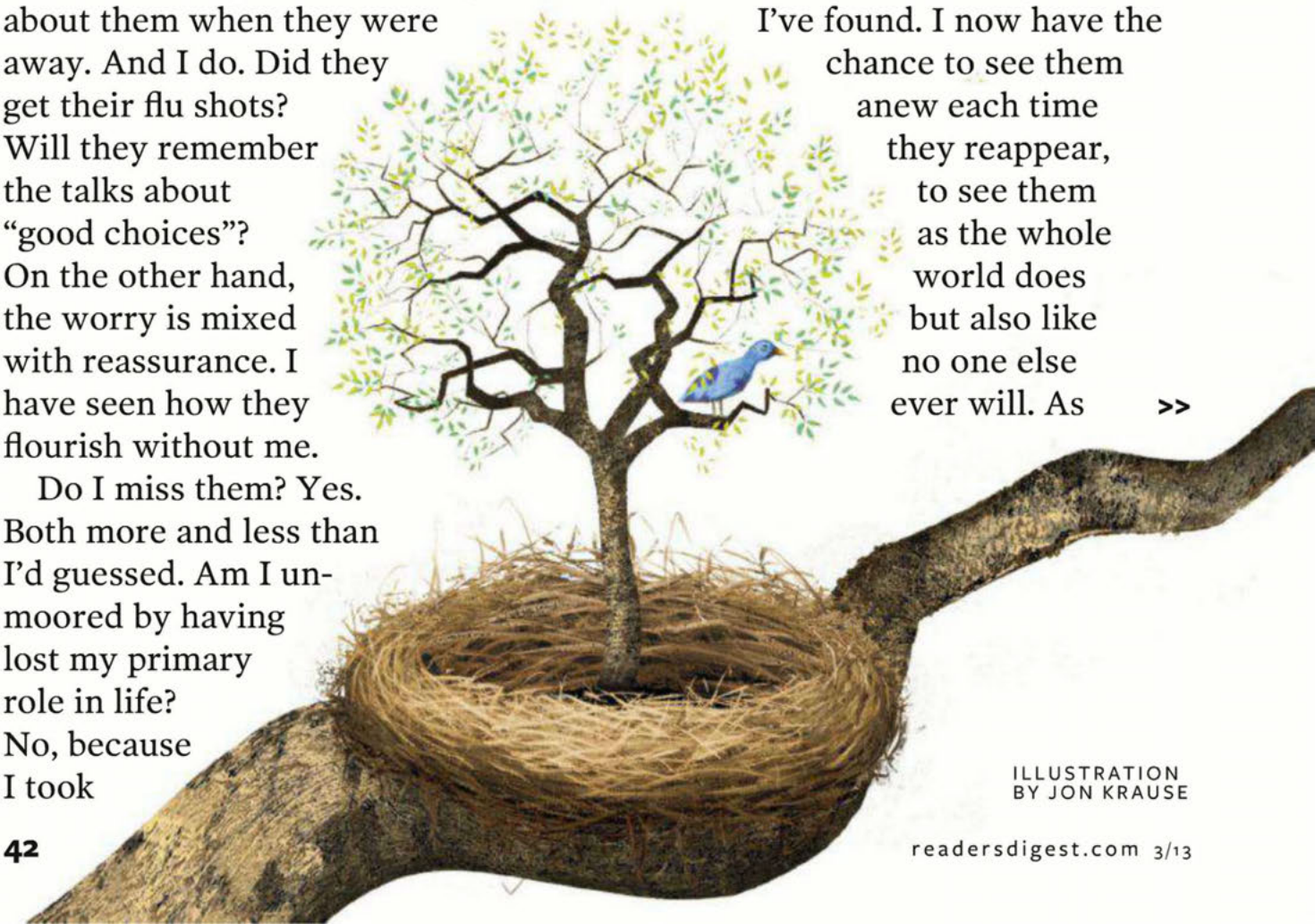
When the boys were infants, I wondered how I'd spent all the hours before they were born. Now that I have those hours back, I marvel at how I managed to cram their needs and mine into each day.

I had also expected to worry about them when they were away. And I do. Did they get their flu shots? Will they remember the talks about "good choices"? On the other hand, the worry is mixed with reassurance. I have seen how they flourish without me.

Do I miss them? Yes. Both more and less than I'd guessed. Am I unmoored by having lost my primary role in life? No, because I took great pride over the years in the fact that my identity was not dependent on theirs. But, surprisingly, yes. Being a different kind of mother defines me now.

The missing, the disorientation, comes at unexpected moments: seeing the school bus drive by, watching the season premiere of *Parks and Recreation* alone, starting to put too many plates on the table. When they have doubts about friendships or job prospects, and I can only say, "I'm sure you will figure it out."

And yet, the spaces emptied by loss are more than filled by what I've found. I now have the chance to see them anew each time they reappear, to see them as the whole world does but also like no one else ever will. As >>



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Reader's Digest

adults I happened to help create.

The weekend before the boys left for their separate campuses, my husband, his sister, and I sorted through what was now theirs after their father's recent death. This glassware that had seen many a Thanksgiving. That ceramic vase that had survived a fire. The family portraits of four, then six, then eight, ten, eleven.

Decades blurred together in the piles. There was no line that said Before and After, nest empty, nest full. In the days that followed, the boxes of the grandfather mixed with those of the grandsons in our front hall. Generations being reshuffled. Space being cleared and refilled. Then, in a blink, the boxes were gone.

The boys' rooms feel sparse, and their closets echo. I feel sadness but also joy. I knew they would leave, but they will find their way back. My nest is empty. But overflowing. ■

QUOTABLE QUOTE

"Insanity runs in my family. It practically gallops."

MORTIMER BREWSTER (CARY GRANT) IN *ARSENIC AND OLD LACE*

DEALS

Splitting the Spoils

Three strange divorce settlements

FROM ***Mental Floss***

1 During their divorce in 2009, Long Island, New York, doctor **Richard Batista** requested that his wife return the kidney he'd donated to her or pay him $1.5 million. A New York judge denied the request, ruling that the organ was a gift, not a marital asset.

2 **Marvin Gaye** couldn't afford to pay alimony after his 1977 divorce from Anna Gordy, so the couple worked out a deal: All the royalties from Gaye's next album would go to his ex-wife. Gaye's double album *Here, My Dear*, a chronicle of the couple's rocky relationship, was panned by critics and sold poorly. Oops!

3 As part of actor **David Hasselhoff**'s 2008 divorce settlement with Pamela Bach, he requested ownership of the nickname "Hoff" and the phrase "Don't hassle the Hoff." Bach got, among other things, photographs of Claudette Colbert and Michael Jackson.

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PERSPECTIVE

Don't Cut the Cord

Why old-fashioned phones still matter

Last fall, in the days following Hurricane Sandy, hundreds of New Yorkers lined up not for tickets to a hot Broadway show but for their turn to use a pay phone. The storm had knocked out 25 percent of the cell phone towers from New Hampshire to North Carolina, leaving millions of people without cell service and forcing them into the streets to search for the no-longer-ubiquitous telephone booth.

Even with this almost quaint resurgence, landlines have been mostly turned into vintage holdovers by the rise of the mobile phone. By 2006, about 10 percent of households had ditched their landlines completely, and between 2008 and 2011, the number of wireless-only households nearly doubled. Even pay phones in major cities and elsewhere fell into disrepair. "Landlines in homes began to collect dust and serve an increasingly decorative function," writes *New York Times* reporter Andrew Keh.

Still, telephones have proved themselves useful ports in a storm for decades. Because they rely on underground copper wire rather than electricity and radio waves, they're usually dependable when other forms of communication break down.

2000
The year that the number of landlines peaked, with 70 lines for every 100 people

There are other reasons, too, to keep your landline, say experts. For instance, when you dial 9-1-1 from a cell phone, operators will not be able to immediately

THOMAS JACKSON/GETTY IMAGES

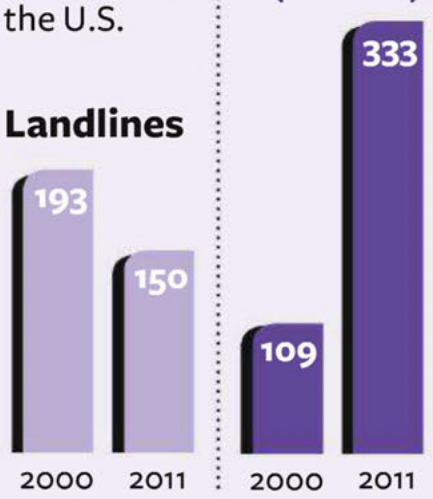
identify your location, as they can from a telephone. And some home-security companies depend on a landline to trigger the alarm from their automated system, which connects you to a dispatcher.

Most rural households have traditional phones because cell phone towers are few and far between. "Wireless service can be spotty and expensive. Landlines are lifelines for rural communities," says Coralette Hannon, a senior legislative staffer at AARP.

Then there are the important everyday concerns that keep people plugged in. "Our cell numbers have changed several times in the past few years, but our home phone has stayed the same," writes Laura Grace Weldon on wired.com's GeekMom blog. "It's the line our elderly relatives use, the line we list on documents, and yes, the line we rely on when disasters knock out wireless networks."

GO FIGURE

Number of phones in service in the U.S.



Sources: *New York Times*, businessinsider.com, financialhighway.com

HUMOR

Most Pay Phone Calls Begin, End in Tears

According to America's favorite satirical newspaper, the *Onion*, a "study" by the FCC has determined that 81 percent of calls made over pay phones begin with "Please don't hang up" and end with uncontrollable sobbing. This "report" supposedly surveyed a sample of public phone conversations and "confirmed that the remaining 19 percent of pay-phone calls are wrong numbers caused by frantically misdialing one's parole officer, ex-girlfriend, bookie, or AA sponsor." The study may be fake, but we think it's no joke.

theonion.com

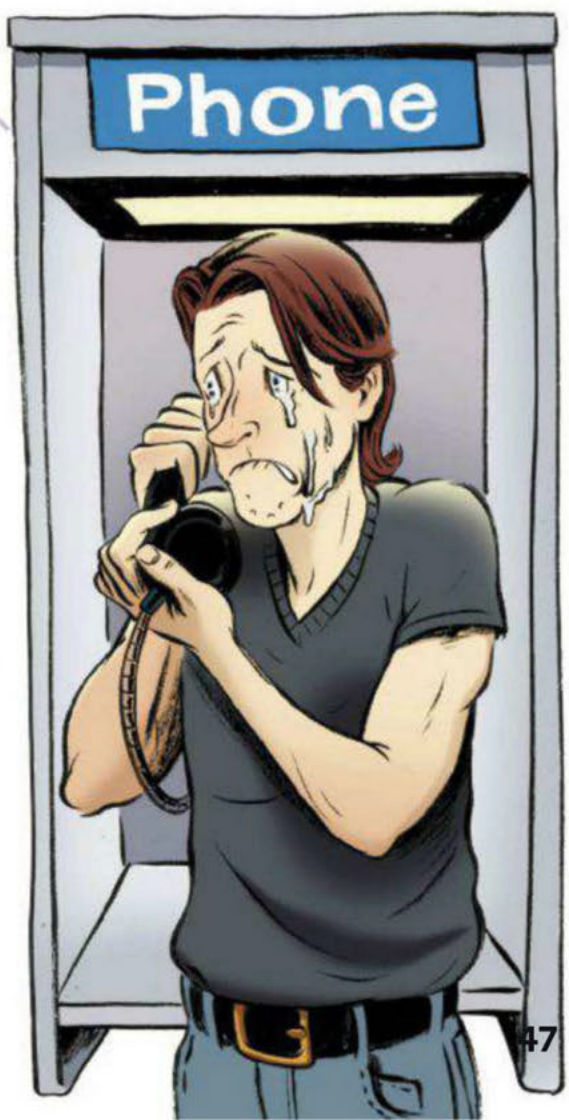


ILLUSTRATION BY ZOHAR LAZAR

SOCIAL MEDIA

Twitter Wars

Famous names duke it out in 140 characters or fewer

POP STAR vs. ANCHOR

Adam Levine, Maroon 5 front man: Dear Fox News, Don't play our music on your evil channel ever again. Thank you.

Andy Levy, Fox News: Why did Maroon 5 cross the road? Because crappy music is legal there!

WRITER vs. ACTRESS

Bret Easton Ellis: Kathryn Bigelow would be considered a mildly interesting film-maker if she was a man, but since she's a very hot woman she's really overrated.

Ellen Barkin: & if you were a "very hot woman" you'd still be a [bad] writer.

SINGER vs. RAPPER

Aimee Mann: There is no reason in the world anyone should ever have cast Ice T in a television show.

Ice-T: Stop worrying about my acting and worry about your wack music.

HOW TO

SARCASM SOLUTIONS

If you've ever misread an earnest e-mail, text, or tweet as a snarky comment, you'll agree: It's time we can show we're being tongue-in-cheek with a few simple keystrokes. Some ideas:

Slate.com writer Josh Greenman suggests, perhaps sarcastically, that we implement a "sarcasm point," an upside-down exclamation mark denoting snark. "It will introduce finesse," he says.

Aliza Licht, Donna Karan senior vice president of global communications and self-proclaimed sarcasm addict, uses this mark to let her Twitter followers know that she is being, well, you know.

(*S)

lean

Typographer Glenn McAnally founded the Sarcastic Font group and lets you download "left-leaning" italics at glennmcanally.com.

The Michigan software company that created the SarcMark calls it sarcasm's official punctuation. Download it free at sarcmark.com.

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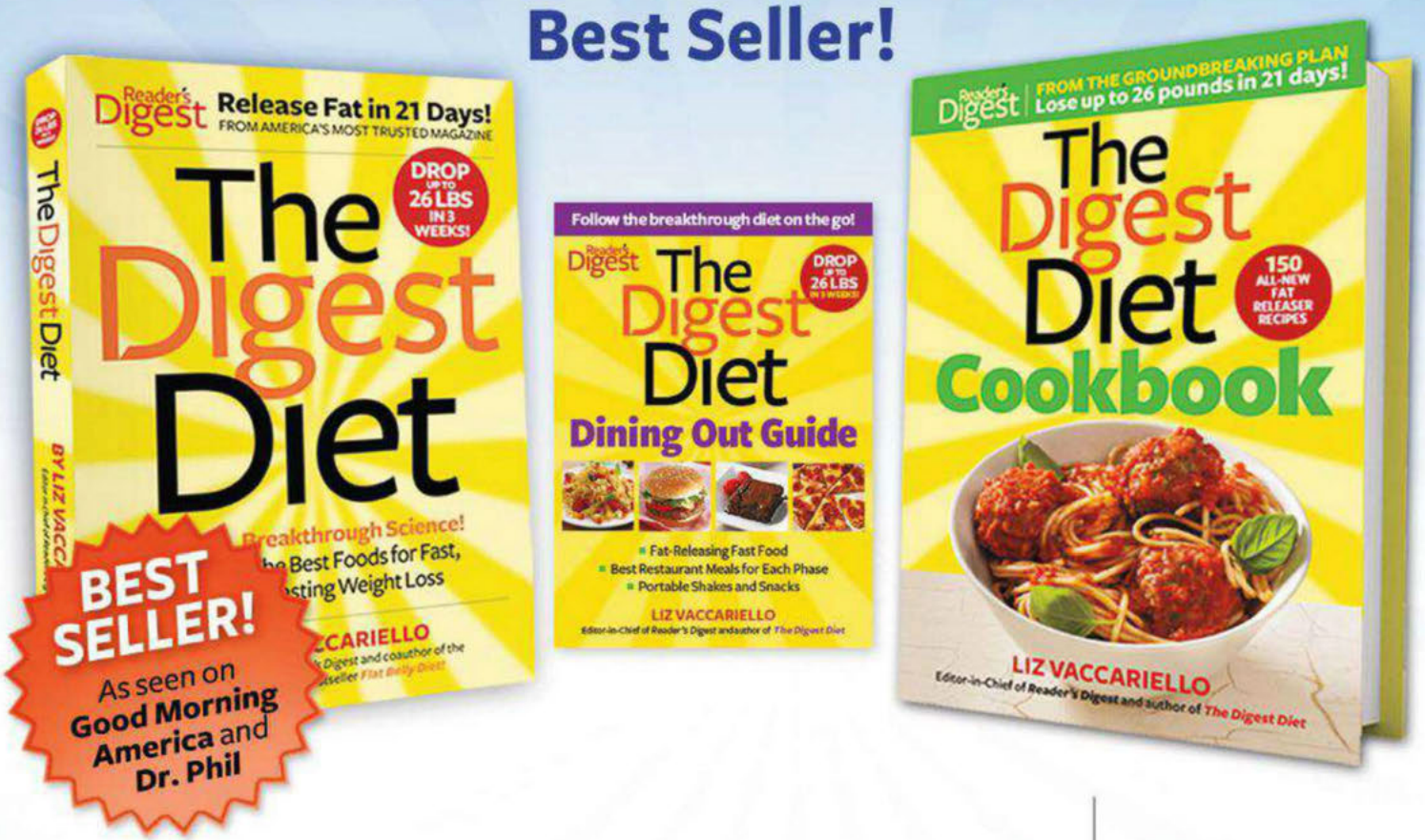
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‡ Source: 52 week Nielsen ScanTrack date ending 11/24/12.

[1] Based on two human studies with 5-LOXIN® Advanced where subjects rated their joint health over time, subjects' joint health improved within 7 days, and continued to improve throughout the duration of the studies.

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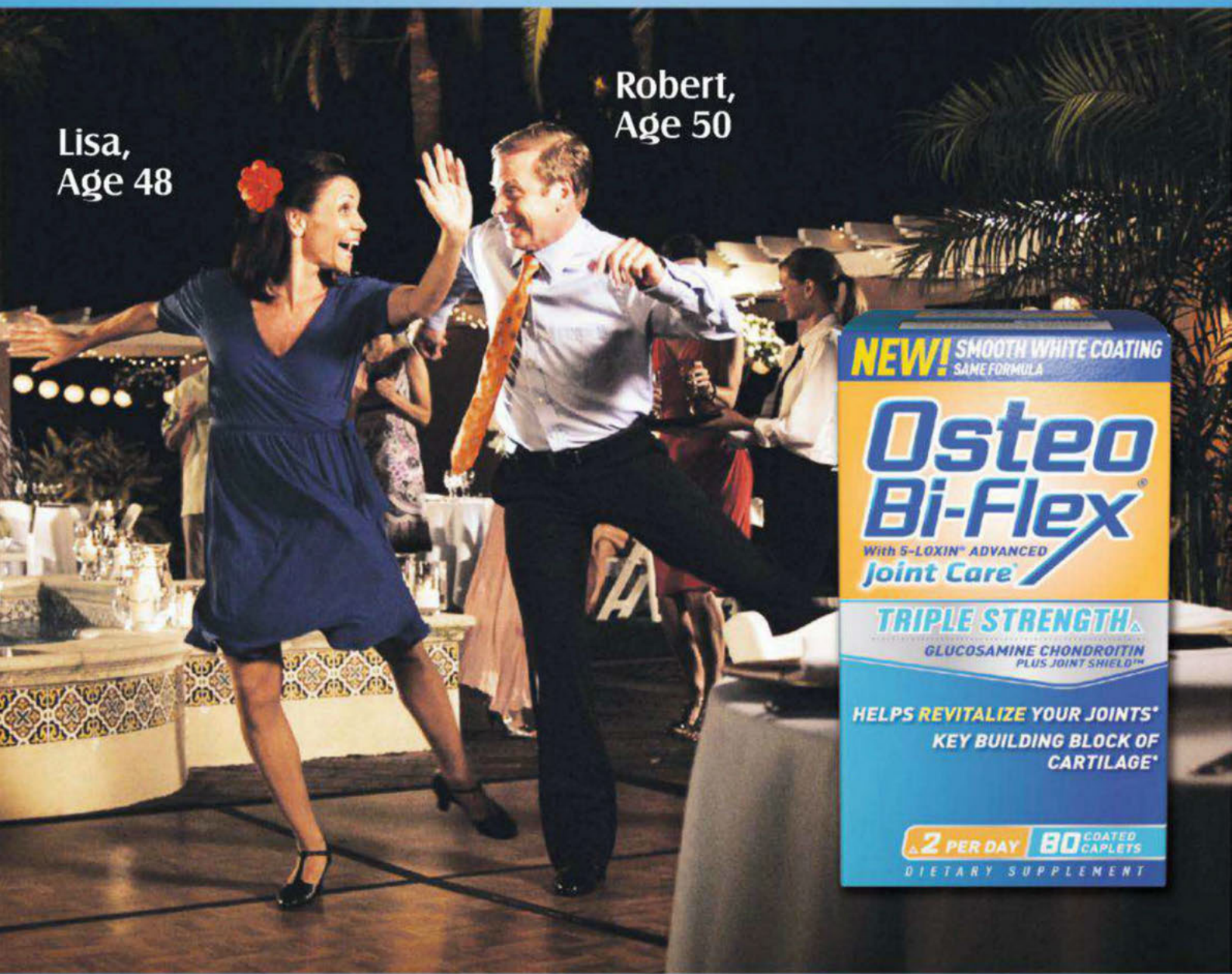

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SweetLeaf is the only stevia sweetener to win nine international awards for taste and sustainable farming practices. A commitment to being the best in quality and taste has set SweetLeaf apart from its competitors from the beginning. The company was founded by James May, who realized the full potential stevia offered more than three decades ago, and who has been instrumental in making SweetLeaf the top-selling sweetener in the natural food marketplace.

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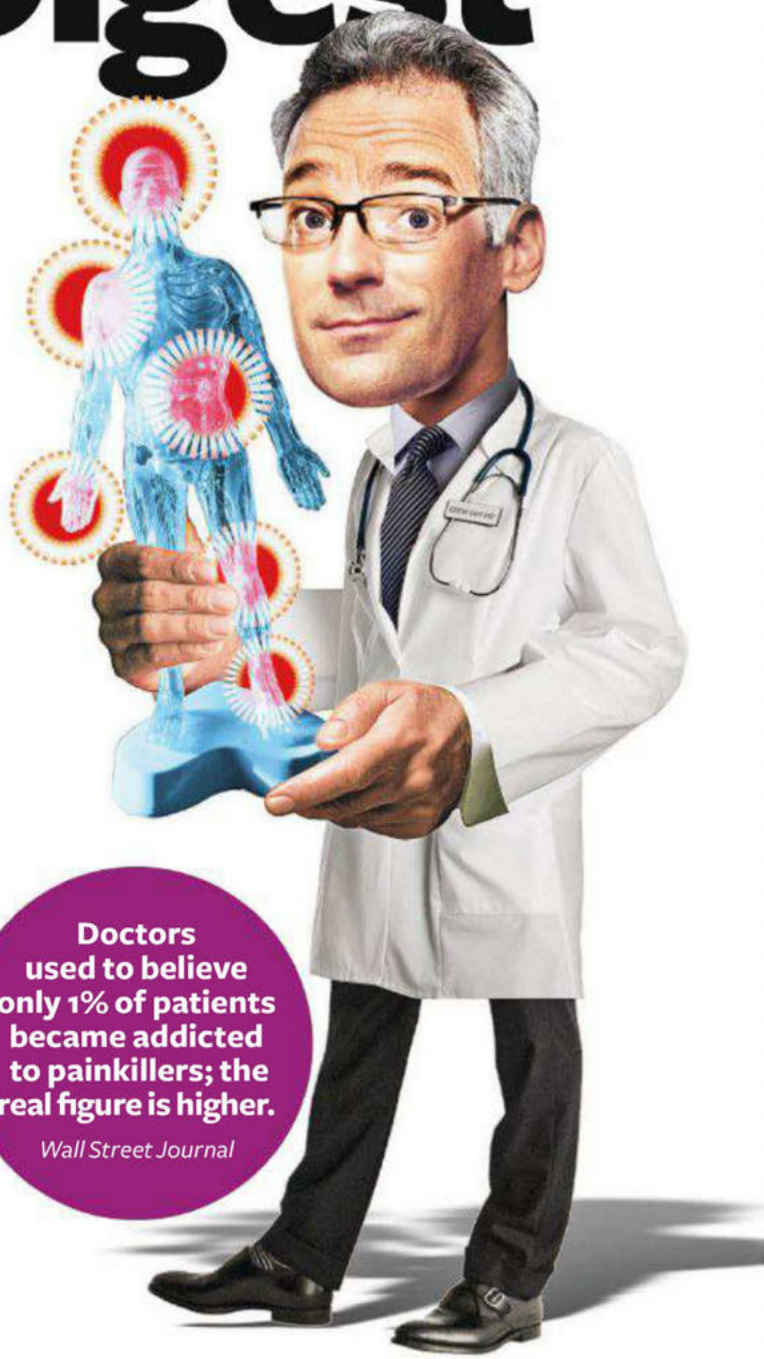
ADVICE

13 Things Your Pain Doctor Won't Tell You

BY MICHELLE CROUCH



Doctors used to believe only 1% of patients became addicted to painkillers; the real figure is higher.
Wall Street Journal

1 Sure, I can give you some meds to dampen the pain. But the best doctors will talk to you about the cause, whether it's your lack of activity, your stress level, a condition like arthritis, or your bad mattress.

2 Heat or ice? Use an ice pack for acute injuries, to minimize blood flow and reduce swelling and pain. Use heat to loosen muscles and stiff joints and help you feel more mobile.

3 Any doctor can hang a shingle that says "I treat pain." Look for doctors who are board-certified in pain medicine or who did a fellowship in something pain-related.

4 Your back and neck (and often shoulder) pain likely have little or nothing to do with your abnormal MRI. Studies show that if you perform an MRI on any 100 people, you'll find an abnormality in about 90 percent of them, even if they're not experiencing any pain.

5 Reconsider before asking for a prescription. The latest research shows that taking opioid pain medications (like Vicodin and OxyContin) for chronic pain can change the brain, damaging its ability to feel pleasure and leading to a craving for more drugs. A few studies found

ILLUSTRATION BY EDDIE GUY

that long-term use can actually lead to increased back or neck pain.

6 In mild pain? Play Word Power (page 85). When you distract your brain, you don't hurt as much. Another activity that can help: watching a funny TV show.

7 Before you praise me for curing your back pain, remember this: It may have gone away on its own. Approximately 90 percent of low-back pain subsides within 12 weeks without medical intervention.

8 If you have chronic pain, consider experimenting with dietary changes. Eliminate dairy for a few weeks, then reintroduce it and see how you feel. Do the same with wheat, red meat, shellfish, citrus, peanuts, caffeine, and alcohol, one at a time. If your pain gets worse when you add back a food, it may be contributing to your problem.

9 If I specialize in prescribing narcotics, giving injections, or doing surgery, that's probably what I'm going to recommend. But there are dozens of other effective options like massage, physical therapy, chiropractic, acupuncture, spinal cord stimulators, and behavioral therapy.

10 Think twice about having surgery, especially on your back or spine. I'm in a practice with only three doctors, and between us, we have over 1,000 patients who had back surgery who wish they never had. In a *Consumer Reports* survey, just 60 percent of those who had back surgery were completely or very satisfied with the results.

11 Pain is mental too. So you may want to explore psychotherapy, cognitive behavioral therapy, meditation, and even self-hypnosis.

12 If the doctor takes only cash (not insurance) and hands you a prescription after just a few minutes, you may be at a pill mill, not a full-service pain clinic. Most legitimate pain clinics take insurance and offer treatments beyond medication.

13 Your pain will improve with the right kind of exercise, and it will probably feel worse if you don't get a good night's sleep.

For more insider secrets from pain experts, go to rd.com/march.

Sources: David Greene, MD, CEO of the Florida Pain Network; Adam Perlman, MD, executive director of Duke Integrative Medicine at Duke University in Durham, North Carolina; Norman Marcus, MD, a pain medicine specialist at NYU Langone and author of *End Back Pain Forever*; Scott E. Glaser, MD, cofounder and president of the Pain Specialists of Greater Chicago; Joe Carlon, MBA, CEO of Arizona Pain Specialists and Boost Medical in Scottsdale, Arizona; and Marty Makary, MD, MPH, author of *Unaccountable: What Hospitals Won't Tell You and How Transparency Can Revolutionize Health Care.*

HEALTH ADVANCE

Pain Tracker in Your Purse

WebMD Pain Coach

The WebMD Pain Coach app turns your iPhone into a personal pain diary so you can understand triggers and set goals. For those with common pain conditions—like back pain, migraine, or arthritis—there are daily physician-reviewed tips and a library of articles.

STAY SHARP

Super-Easy Brain Boosters

Too little sleep (or too much) can age your brain.

EAT: Less Fake Butter

Whether spread on a bagel or poured over movie popcorn, many butter substitutes and flavorings contain diacetyl-based chemicals, which may harm brain cells. Diacetyl promotes the protein clumps in the brain that mark Alzheimer's disease, according to scientists at the University of Minnesota. Researcher Ashish Vartak, PhD, says that the study is preliminary, but he and his colleagues have started avoiding diacetyl by snacking on unflavored popcorn (they add salt or herbs). As for movie popcorn: "Ordering it without the added buttery liquid should reduce diacetyl exposure."

GARGLE: with Lemonade

A new study finds that sweet liquids boost resolve. The upside (for dieters): You don't have to swallow them. A University of Georgia study has found that rinsing the mouth with sugar-sweetened lemonade helped students perform better on tests of willpower. "Researchers used to think the sugar had to enter the body to give you the energy for self-control," said University of Georgia psychology professor Leonard Martin, coauthor of the study. But just holding the sugar in the mouth apparently signals the brain's motivational centers to pay attention.

SLEEP: Seven Hours

Getting too much sleep may be just as toxic to health as sleeping too little. Researchers at Brigham and Women's Hospital in Boston examined more than 20 years of data from over 15,000 participants in the Nurse's Health Study and found that regularly sleeping two hours more or less than seven hours a night was equivalent to two years of brain aging (as measured on standard memory tests). The cognitive effects were also present when the women's sleep habits changed by two hours a night or more as they got older.

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SELF-TEST

Hidden Hazard: A Crooked Body

You might see yourself as completely symmetrical when you look in the mirror, but hidden imbalances can cause knee, heel, back, neck, and even headache pain over time. To find out if your body is balanced, try this self-test recommended by Phil Vasyli, an Australian podiatrist and biomechanics expert who works with holistic wellness pioneer Dr. Andrew Weil.

Put two scales side by side, hip distance apart, in front of a mirror. (Calibrate them so they match.) Stand with one foot on each scale so feet, knees, and hips are aligned.

Now check the numbers.

- If the scales register within one and three pounds of each other, that signals a relatively balanced body.
- If the difference between the two scales is three to five pounds, that's a warning sign. Repeat the test in a few days to make sure the measurement is correct.
- If you see a difference of five pounds or more, you could have an imbalance and may want to consult a specialist (see below).

Standing on two scales can reveal a crooked spine.

"We lean more heavily toward the shorter side," says Vasyli, who was surprised to find a difference of nearly six pounds when he took the test himself. The imbalance could mean, for example, that one foot has a flatter arch than the other, that your posture is incorrect, that you have a subtle curvature of the spine, or that one of your legs is slightly shorter than the other. In any of these cases, seeing a podiatrist, chiropractor, physical therapist, or other specialist and addressing the imbalance now—with either exercises, orthotics, or other means—might prevent future pain and problems.

For more ways to monitor your health, read on for self-test recommendations from *The Doctors*.

ILLUSTRATION BY SERGE BLOCH

THE DOCTORS RECOMMEND

Self-Exams You Aren't Doing (But Should Be)

1 Lymph Node Check

Take the pads of your fingers and gently roll them over your neck, feeling for little nodules. Do the same in your armpits (press a little harder) and groin. You may feel no bumps, or small, rubbery nodules that are freely mobile and don't hurt much when pressed. Both are OK. But visit a doctor if you notice any bumps that are:

- over half an inch in diameter
- fixed in place
- hard rather than rubbery
- underneath red or tender skin

Most inflamed lymph nodes are not serious. Occasionally, though, lymph nodes that are hard or swollen can indicate conditions like leukemia or lymphoma.

2 Root Canal Predictor

If you've been having tooth pain, use this test to determine whether you might need a root canal. Hold some ice water in your mouth for a few seconds. Wait a bit; then tap gently on each of your teeth with the underside of a spoon. Does the cold or pressure cause more sensitivity or pain in one specific tooth? If so, check with your dentist to see if that tooth needs attention.

3 Macular Degeneration Detector

Print out an Amsler grid, which looks like a piece of graph paper with a dot in the center (find one at amd.org/downloads/amsler.pdf). Hold the paper at the same distance you would for reading (wear glasses if you normally do), and focus on the dot while you cover one eye. Repeat with the other eye. You should see the entire grid with straight lines, right angles, and visible borders. If anything seems distorted, mark it on the page and take it to your eye doctor. Amsler grids can help flag the first signs of macular degeneration, a leading cause of vision loss in older adults.

From left: *The Doctors* cohosts Andrew Ordon, MD; Jim Sears, MD; Lisa Masterson, MD; Travis Stork, MD. For more feel-great tips, watch *The Doctors* daily.

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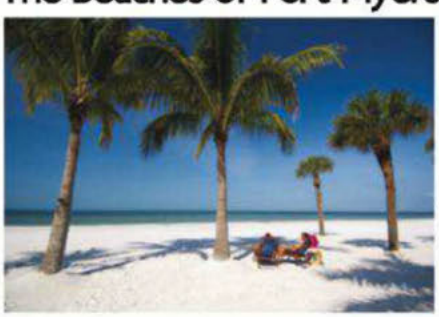

Discover The Beaches of Fort Myers & Sanibel with the guidebook from Lonely Planet. It's packed full of information on what to do and see plus tips on the top places to explore. www.FortMyers-Sanibel.com
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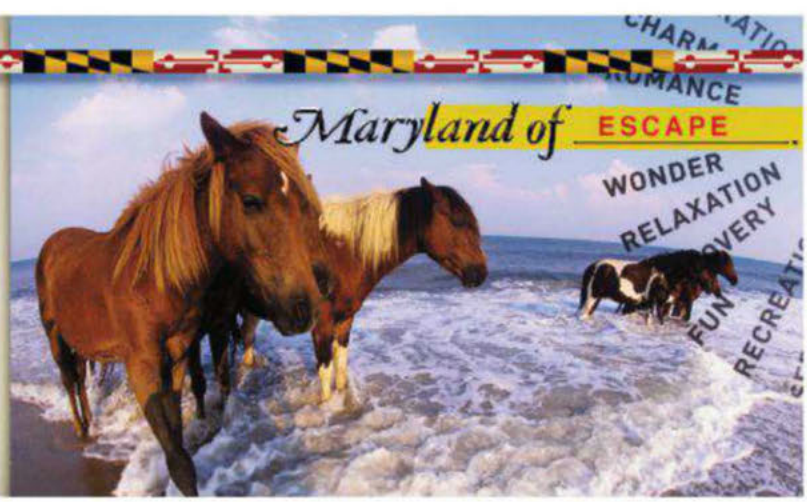

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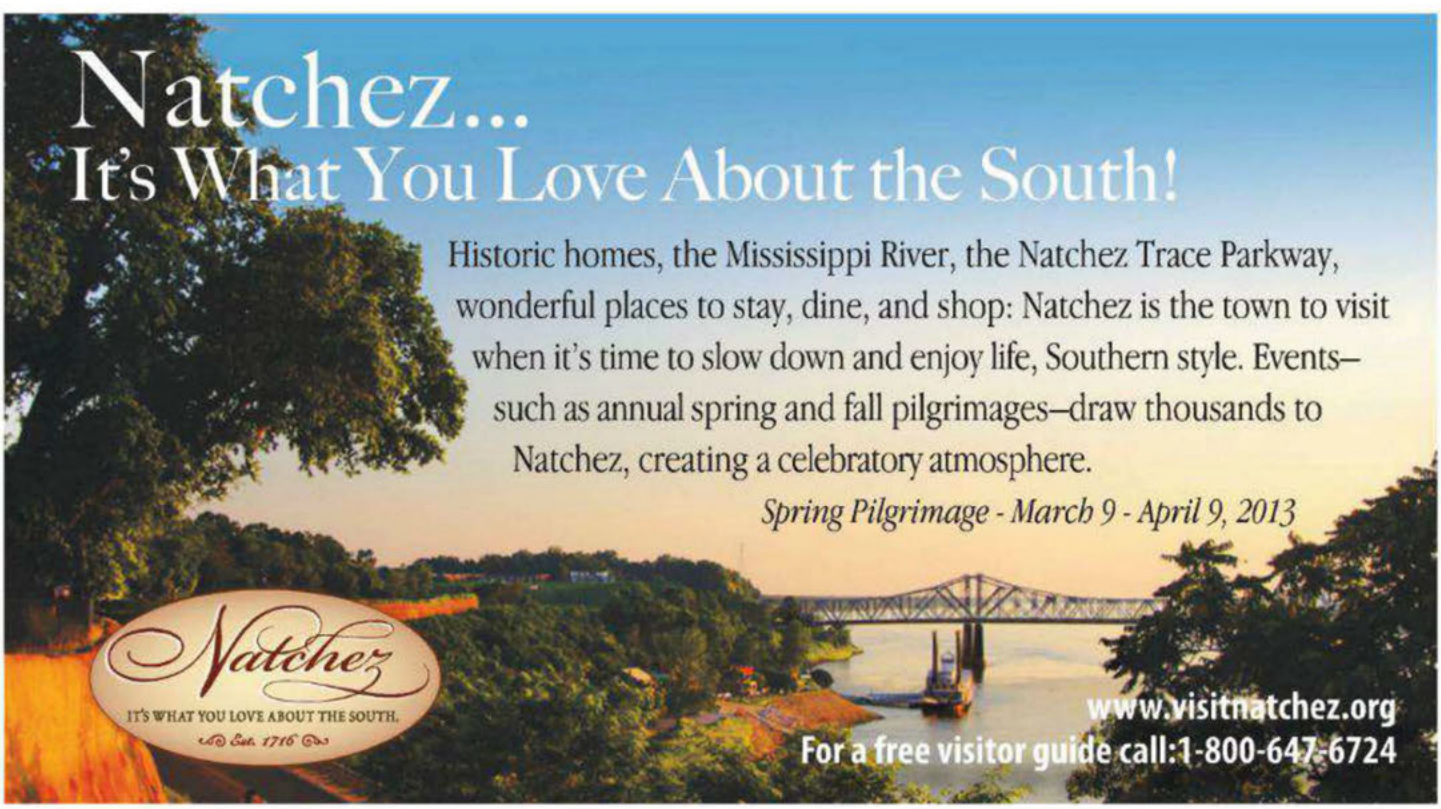
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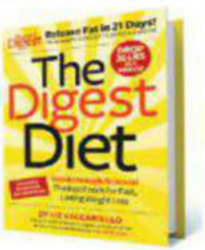
DIGEST DIET SUCCESS STORY

"I Can Play More with My Kids!"

BY PERRI O. BLUMBERG



Sarah Hott had struggled with weight all her life, but when she had trouble walking down the narrow school bus aisle for her ride to work, she knew she had to change. "I was flipping through *Reader's Digest,* and the people in a Digest Diet article seemed so believable," says the 43-year-old teacher's aide. She decided to try the 21-day plan (focusing on fat-releasing foods and sustainable habits) ... and went on to lose 18 pounds in three weeks, then 73 pounds in eight months.

"Chores aren't hard anymore."

"Last year, my knees hurt so bad, I couldn't climb on a chair to change a lightbulb," Sarah says. "Now I feel comfortable in my skin." Best of all, she adds, "my three daughters [ages 13 to 20] love to play Frisbee and swim, and I can really join in with them now."

"I love the support I get."

Recently, the students in Sarah's class brought "Ms. Sarah" a special treat for her birthday. But the kids didn't ply her with calorie-bomb cupcakes or sugar-spiked cookies. Instead, they brought her favorite breakfast from the *Digest Diet:* the Honey-Nut Yogurt parfait.

"I'm inspiring others!"

Sarah's success has inspired her friends to start the diet. "A few weeks ago, I took a friend food shopping for the plan." Her influence is felt at home too: She caught her husband—"a potato chip connoisseur!"—munching on almonds in front of the television.

EAT TO LOSE

SHE PERSONALIZED HER SHAKE

Sarah changes up the master recipe by using half a banana and half a cup of blueberries. "I freeze the shakes and eat them with a spoon like a slushy," she says.

COURTESY SARAH HOTT(2)

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ADVANCES

News from the World of Medicine

Fast-Free Cholesterol Testing

Your morning muffin or lunchtime sandwich may not affect your cholesterol test results much after all. Canadian scientists analyzed blood cholesterol levels of more than 200,000 people who had eaten anywhere from an hour to more than 16 hours before testing. They found the average readings for total and HDL ("good") cholesterol varied by less than 2 percent, regardless of how recently people had eaten. The researchers hope their results will make it easier for more people to have the test.

Source: *Archives of Internal Medicine*

Validation for Chemo Patients

Cancer patients being treated with chemotherapy often complain of memory problems and difficulty concentrating—a condition dubbed chemo brain. Now PET scans show that there's real physiological evidence for these complaints. Specific areas of the brain associated with planning and prioritizing use less energy following chemotherapy. Being able to diagnose the condition, say researchers, is an important step toward providing relief. Fortunately, more than three quarters of people who complain of chemo brain find that their symptoms subside soon after the cancer treatment is completed.

Source: Rachel Lagos, West Virginia University School of Medicine

30-Second Performance Enhancer

Next time you're facing a stressful situation that requires physical accuracy (such as walking on a treacherous path), squeeze your left hand into a fist. This simple trick helped athletes keep their cool during a game's high-pressure moments in a recent study. Choking under pressure seems to be caused by brain activity in the nondominant hemisphere, and distracting that side of the brain (by clenching your left hand if you're right-handed) can stop the overthinking that leads to error.

Source: *Journal of Experimental Psychology*

PHOTOGRAPH BY MATTHEW STACEY; STYLIST: MEGUMI EMOTO

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Sharon Osbourne

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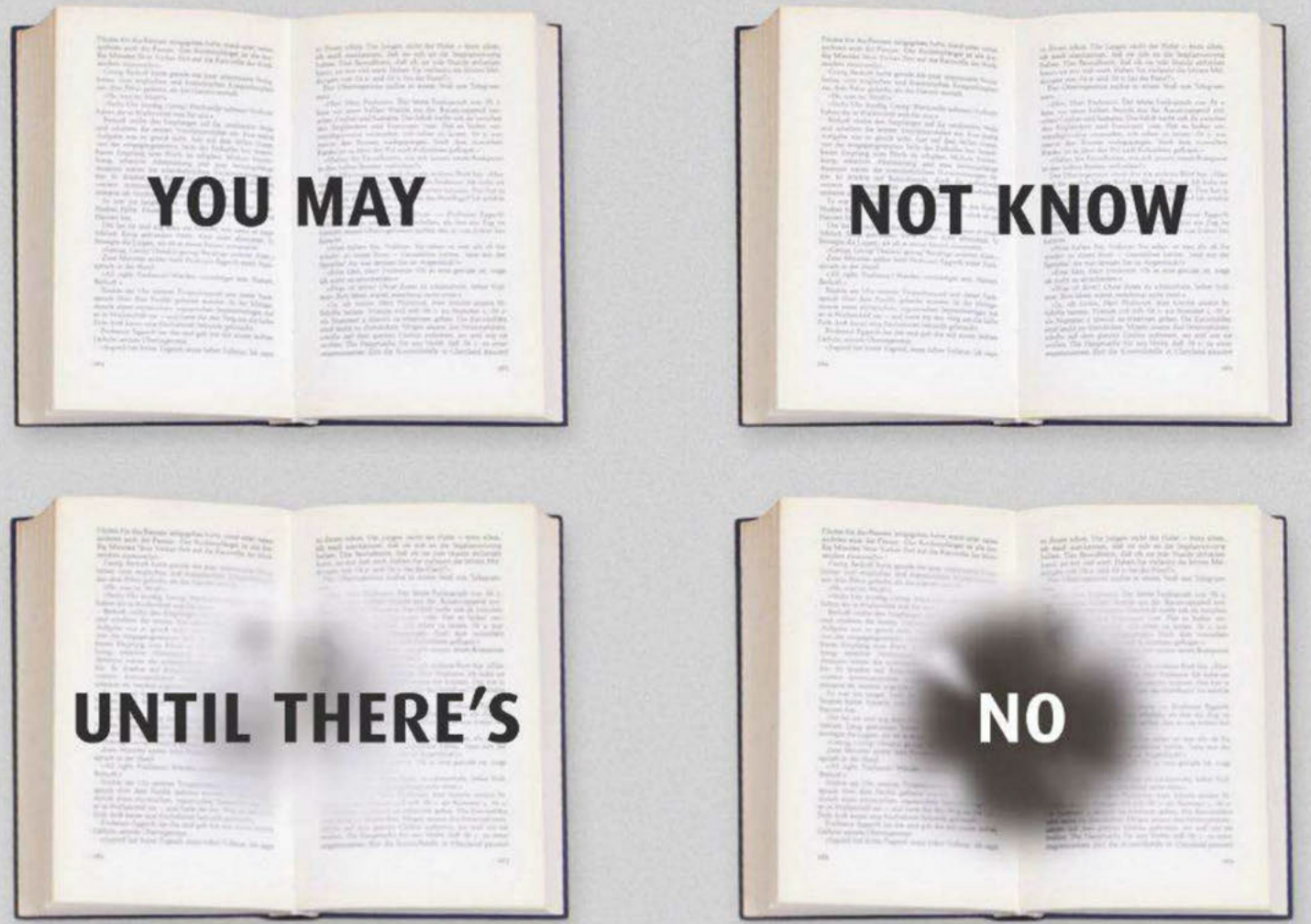

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† Age-Related Eye Disease Study Research Group. AREDS Report No. 8. Arch Ophthalmol. 2001;119(10):1417-1436. Bausch & Lomb data on file.

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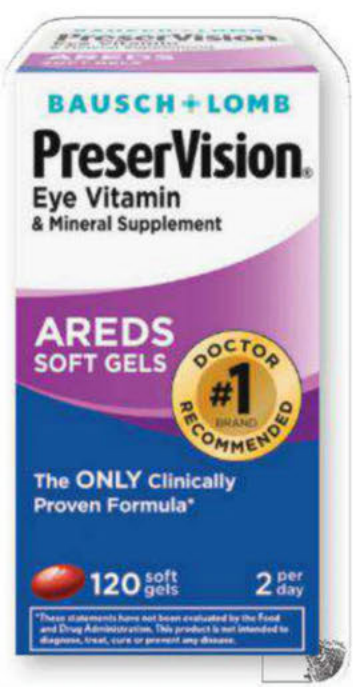

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Money Digest

EDITED BY ALISON CAPORIMO

UPGRADE READY!
The average car in America is now 11 years old, a record.
forbes.com

SMART DEALS

Best Cars for $15,000

Thanks to innovative design and technological advances, it's easy to find a sleek, speedy ride that fits your personality and practical needs—for a steal

For Real Bargain Hunters

FORD FIESTA

Starting price: $13,200

Fuel economy: Up to 37 mpg

Our lowest-price pick, this compact sedan offers practicalities like a fuel-efficient engine and a keypad door lock (never fumble for your keys again!). Plus, you get the Ford SYNC multimedia interface, which uses voice recognition to make calls and play your favorite music.

ABOVE: COURTESY FORD. OPPOSITE, FROM TOP: COURTESY CHEVROLET. COURTESY KIA. COURTESY NISSAN. COURTESY HONDA

For High-Tech Drivers

KIA SOUL

Starting price: $14,400

Fuel economy: Up to 30 mpg

The starting price affords features such as Bluetooth hands-free connectivity and a USB port for audio players. Opt for the Eco package to get great mileage, low rolling resistance tires, and a powerful battery.

For Sports Car Fans

CHEVROLET SONIC

Starting price: $14,200

Fuel economy: Up to 35 mpg

The Sonic's motorcycle-inspired gauge cluster qualified—alongside Ferrari's—for *Car and Driver*'s Ten Best Design Details of 2012, and this compact car continues to impress speed demons in 2013. Thanks to shorter gearing for its six-speed manual, it's quick and easy to handle.

For a Spacious Trunk

HONDA FIT

Starting price: $15,425

Fuel economy: Up to 33 mpg

This impressive hatchback is the highest-rated model in the economy-car segment, offering great driving dynamics for its price point as well as the functional Honda Magic Seat, which allows enough room for a mountain bike or five passengers.

Splurge pick: $16,760

ROOM WITH A VIEW

The modern-looking **NISSAN CUBE,** with a fuel-economy rating of up to 30 mpg, features a massive wrap-around rear window for passengers to take in road trip scenery. Adding to the viewing experience: reclining backseats that encourage you to stretch out.

PRICE DECODER

Why a Mattress Costs What It Costs

Here's what you really get when you spring for more

BY CAITLIN O'CONNELL

TRADITIONAL SPRINGS

Serta Perfect Sleeper Essential $600*

- Top padding layer: a mix of fibers and egg-crate foam (no memory foam)
- 532 two-turn coils (fewer turns means less support) made from recycled steel
- Continuous support: Springs move in three directions to adjust to movement
- Nonadjustable bed frame

Sealy Posturepedic Gel Series $1,000

- Top padding layer: resilient gel memory foam for better back support
- 759 six-turn coils made from titanium alloy
- CoreSupport Center: Center third of the mattress is packed with extra coils to support the heaviest part of your body
- Adjustable bed frame

MEMORY FOAM

Simmons ComforPedic $1,500

- Next-generation memory foam and hundreds of individually sculpted cushions contour to any body shape
- AirCool foam has an open cell structure, which dissipates body heat and keeps you cooler
- Adjusts easily to movement thanks to fast mold and remold times

Tempur-Pedic Cloud $2,400

- Traditional memory foam features small interior cells for acute pressure-point relief
- Petroleum-based polyurethane foam has closed cell structure to keep the bed feeling warmer
- Slow mold and remold times mean continuous body support

*All prices based on starting retail price of a queen-size bed.

Note: Ads were removed from this edition. Please continue to page 78.

BRAD WILSON/GETTY IMAGES

✓Yes

✓Yes

xNo

✓Yes

✓Yes

✓Yes

✓Yes

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SURVIVAL

6 Lessons from a Crash Test

It will probably never happen to you. According to an MIT study, you could take a single flight every day for 38,000 years before dying in a plane crash. Now, that's a fair amount of vacation time.

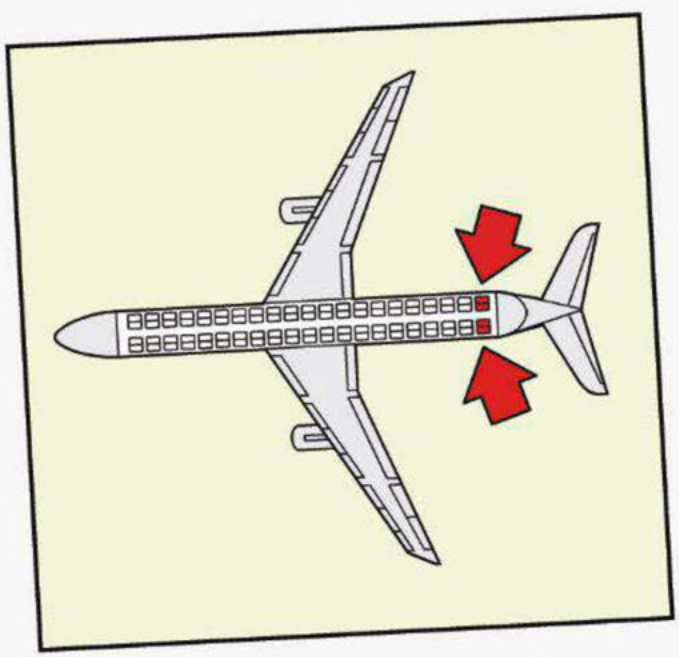
Yet in one of the largest airline safety tests ever attempted, Discovery TV crashed a Boeing 727 loaded with more than half a million dollars' worth of crash test dummies, 38 specialized cameras and sensors, and a crew of skydiving pilots to better understand how passengers can protect themselves if their aircraft goes down. The good news, says one study: 96 percent of crash victims survive.

Sources: ABC News, *Wired*, *Time*, *Popular Mechanics*, BBC News

ILLUSTRATIONS BY JASON LEE

1 Opt for an exit row

The best seat in the house was in the rear emergency-exit row during the crash simulation. If you're anxious about opening the door in an emergency, sit one row away from an exit or at least within five rows of the emergency door.

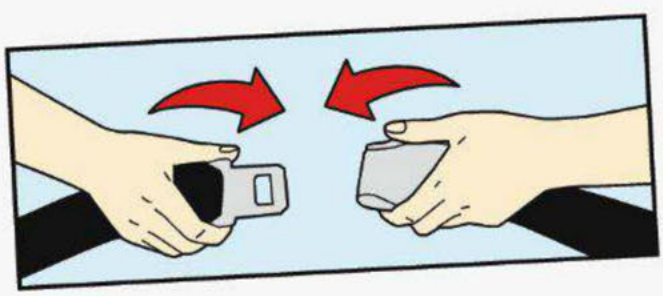


2 Or sit in the back

Book a seat in or behind the eighth row, since the safest seats are closest to the tail.

3 Dress comfortably

Wear long sleeves and pants that will not restrict your movement in the case of an emergency. Opt for wool, a natural fiber that's flame resistant.



4 Buckle up and sit straight

Yes, you really should keep your seat belt buckled at all times. To reduce injury during increased turbulence, put your head against the back of the seat in front of you and place your hands on your head.

5 Don't hold on to children

While you may be tempted to save money and book only one seat for you and your child, the test showed that after a minor simulated impact, the mother dummy couldn't hold on to her child. What you should do: Buy an extra seat and bring a government-approved car seat.

6 Stay alert

Typically, people have a few drinks at the airport bar, put on earphones after taking their seats, and don sleeping masks before departure. But the NTSB says the risk of an accident is particularly high during takeoff and landing, which means you should save the beauty rest until mid-flight just to be safe.

QUIZ

Guess Their Original Names!

Over the years, cartoon characters and toys adopt their nicknames. Match each one with its formal moniker.

The Barbie Doll is an adaptation of a German doll named Lilli.

1) **COMIC BOOK GUY** (from *The Simpsons*)
2) **BARBIE**
3) **THE PILLSBURY DOUGHBOY**
4) **PEPPERMINT PATTY** (from *Peanuts*)
5) **WINNIE THE POOH**
6) **CASPER, THE FRIENDLY GHOST**
7) **SHAGGY** (from *Scooby-Doo*)
8) **MR. MONOPOLY**

A) Edward Bear
B) Casper McFadden
C) Norville Rogers
D) Milburn Pennybags
E) Patricia Reichardt
F) Jeff Albertson
G) Poppin' Fresh
H) Barbara Millicent Roberts

ANSWERS: 1) F, 2) H, 3) G, 4) E, 5) A, 6) B, 7) C, 8) D

Source: BuzzFeed

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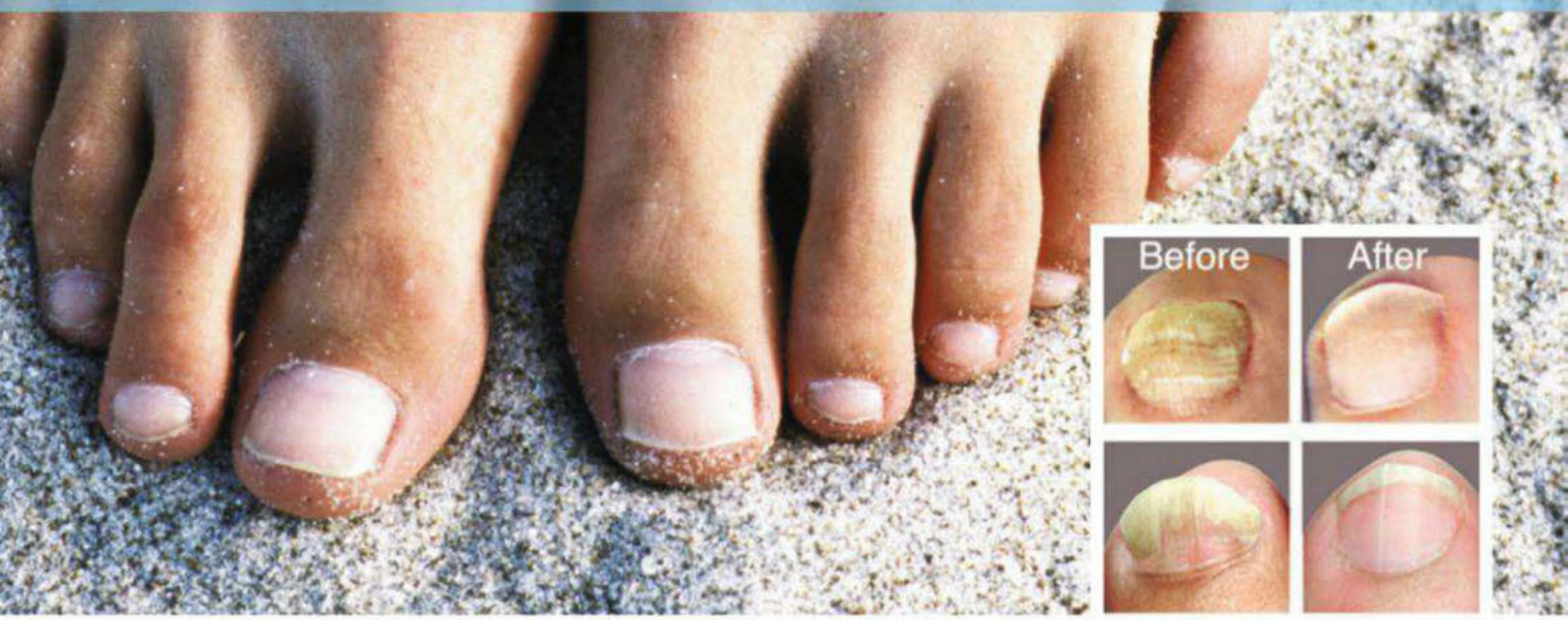

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ATHLETICS

5 Worst Decisions in Sports History

If they could do it over again, they would probably think twice

BY STEVE MADDEN

1 Red Sox Sell Homer Hero 1919

Sox owner Harry Frazee sells baseball's biggest star to the Yankees for $125,000. Babe Ruth proceeds to hit 665 homers and lead the Yanks to four World Series in the next 15 seasons. The cursed Sox wait 86 years to win their next series.

2 Girl Hijacks Game 1968

NBC's broadcast of a key NFL game between the Jets and Raiders runs long due to injury and penalty time-outs. With one minute to go and the Jets leading 32–29, the network switches to the movie *Heidi*, the story of a Swiss orphan girl. Oakland scores twice in the last minute to win 43–32.

3 Ill-Timed Time-Out 1993

University of Michigan basketball star Chris Webber calls a time-out with 11 seconds left as his Wolverines trail North Carolina 73–71 in the national championship game. Only problem: Michigan has no time-outs left. He's called for a technical foul, and Michigan loses, 77–71.

4 Questionable Career Change 1993

At the height of his career, and after winning three consecutive NBA championships with the Chicago Bulls, Michael Jordan announces he has lost his desire for basketball and is retiring to pursue a career in baseball. He goes on to bat .202 for the AA Birmingham Barons.

5 LeBron Broadcast 2010

Ohio native and Cleveland Cavaliers star LeBron James announces his decision to join the Miami Heat in a one-hour prime-time TV special. The result: His public-view "Q-rating" takes a beating. James becomes a punch line for fans who consider the hometown hero a turncoat.

Steve Madden is the general manager of sportsonearth.com and former editor-in-chief of *Bicycling* magazine.

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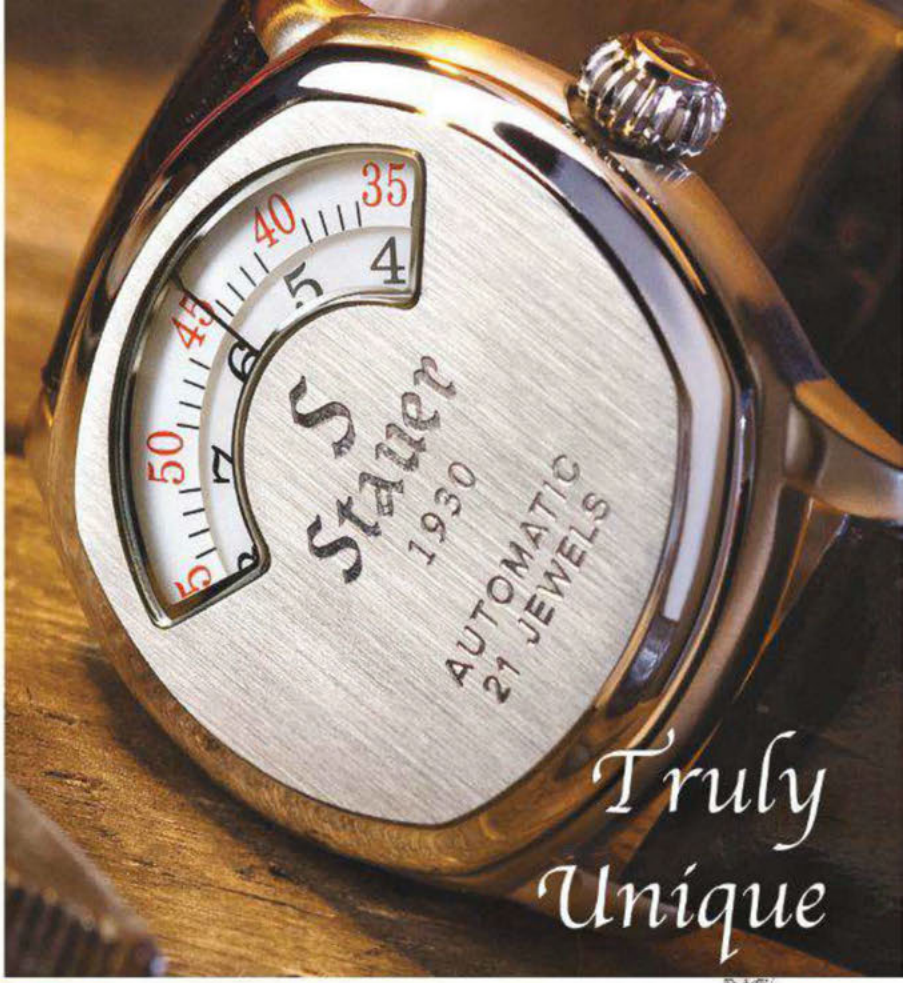
Time travel at the speed of a 1935 Speedster?



The 1930s brought unprecedented innovation in machine-age technology and materials. Industrial designers from the auto industry translated the principles of aerodynamics and streamlining into everyday objects like radios and toasters. It was also a decade when an unequaled variety of watch cases and movements came into being. In lieu of hands to tell time, one such complication, called a jumping mechanism, utilized numerals on a disc viewed through a window. With its striking resemblance to the dashboard gauges and radio dials of the decade, the jump hour watch was indeed "in tune" with the times!

True to Machine Art esthetics, the sleek brushed stainless steel case is clear on the back, allowing a peek at the inner workings.

The Stauer *1930s Dashtronic* deftly blends the modern functionality of a 21-jewel automatic movement and 3-ATM water resistance with the distinctive, retro look of a jumping display (not an actual jumping complication). The stainless steel 1 1/2" case is complemented with a black alligator-embossed leather band. The band is 9 1/2" long and will fit a 7–8 1/2" wrist.

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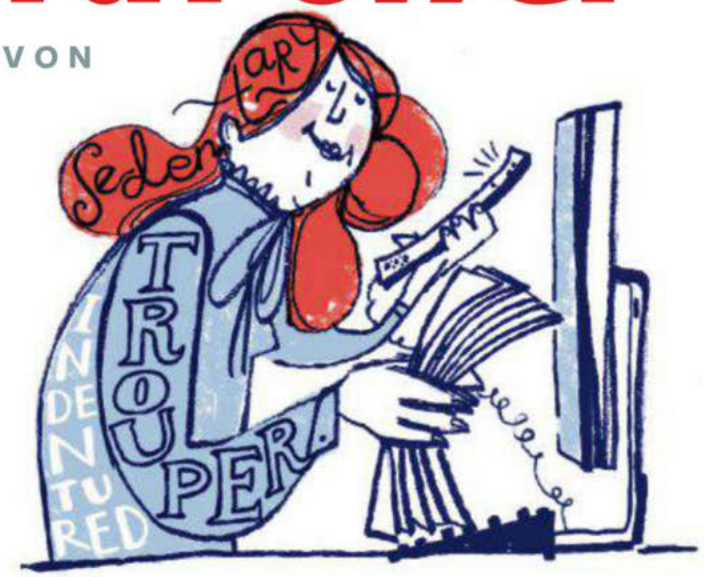
It Pays to Increase Your Word Power

BY EMILY COX & HENRY RATHVON



Words at Work Roll up your sleeves and punch in for this quiz of on-the-job vocabulary. If the grind wears you down, turn the page for answers (or see this month's "50 Dumb Boss Stories," page 96, for a quick, fun break!).

1. oeuvre ('oo-vruh) *n.*—A: job opening. B: body of work. C: French chef.

2. arduous ('ar-je-wus) *adj.*—A: passionate. B: cheap. C: difficult.

3. bum's rush (bumz rush) *n.*—A: mass retail markdown. B: five o'clock traffic. C: forcible eviction or firing.

4. functionary ('funk-sheh-nar-ee) *n.*—A: jack-of-all-trades. B: number cruncher. C: one who works in a specified capacity or as a government official.

5. remunerate (ri-'myu-neh-rayt) *v.*—A: pay for work. B: do the same job repeatedly. C: break a contract.

6. proletariat (proh-leh-'ter-ee-et) *n.*—A: working class. B: head honcho. C: cowboy skilled with a lasso.

7. indolent ('in-doh-lent) *adj.*—A: unpaid. B: averse to work, lazy. C: migratory.

8. Luddite ('luh-diyt) *n.*—A: one who opposes technological change. B: freelancer. C: bigwig.

9. on spec (on spek) *adv.*—A: with no assurance of payment. B: exactly as planned. C: in a supervisor's role.

10. trouper ('troo-per) *n.*—A: traveling theater actor. B: infantry soldier. C: temp-agency worker.

11. sinecure ('siy-nih-kyur) *n.*—A: herbal healer. B: math faculty. C: cushy job.

12. métier ('met-yay) *n.*—A: fee for services. B: oath of office. C: area of expertise.

13. sedentary ('se-den-ter-ee) *adj.*—A: multitasking. B: mindlessly obedient. C: not physically active.

14. garnishment ('gar-nish-ment) *n.*—A: extra pay. B: withholding of wages. C: job in name only.

15. indentured (in-'den-sherd) *adj.*—A: having perks. B: bound to work. C: illegally employed.

WORD HISTORY: FREELANCE

Freelancing, or working for oneself, may seem like a relatively modern arrangement, but the word dates back almost two centuries, to Sir Walter Scott's 1820 medieval tale *Ivanhoe*. In it, a crusading captain offers up the service of one of his "Free Lances"—that is, one that was essentially available for hire (not free of charge).

ILLUSTRATIONS BY JILL CALDER

Answers

1. oeuvre—*[B]* body of work. *Annie Hall* is my favorite movie in Woody Allen's *oeuvre*.

2. arduous—*[C]* difficult. Rounding up all 400 guests proved a tad *arduous* for the groom.

3. bum's rush—*[C]* forcible eviction or firing. Whoever built these wobbly chairs should be given the *bum's rush*.

4. functionary—*[C]* one who works in a specified capacity or as a government official. A local *functionary* for 20 years, Tyler plans to run for a federal post in 2014.

5. remunerate—*[A]* pay for work. Which office *remunerates* us for these long-distance deliveries?

6. proletariat—*[A]* working class. Claire is clearly too aristocratic for the rank-and-file *proletariat*.

7. indolent—*[B]* averse to work, lazy. Santa is furious with this new generation of *indolent* elves.

8. Luddite—*[A]* one who opposes technological change. Etymology note: *Luddite* refers originally to 19th-century workmen who destroyed machinery as a protest (they took their name from folkloric rebel Ned Ludd).

9. on spec—*[A]* with no assurance of payment. Despite the lousy market, we agreed to build the house *on spec*.

10. trouper—*[A]* traveling theater actor. Darla's first paid gig was as a *trouper* with the national cast of *Annie*.

11. sinecure—*[C]* cushy job. Carol's uncle is the boss, so she's got a *sinecure* as a paper shuffler.

12. métier—*[C]* area of expertise. They pay her to sing, but Margot's true *métier* is astrophysics.

13. sedentary—*[C]* not physically active. Studies warn that your body was not meant to be *sedentary* all day.

14. garnishment—*[B]* withholding of wages. Half of Troy's salary is in *garnishment* for alimony.

15. indentured—*[B]* bound to work. Hey, I'm not your *indentured* servant—I quit!

ALL WORK AND SOME PLAY

Your job is your **vocation**—literally, your calling (hence the shared root with *vocal*). Your hobby is your **avocation**—that which calls you *away* from work. (Don't confuse these with *vacation*, which is simply when you relax by vacating the premises.)

VOCABULARY RATINGS

- **9 and below: Underemployed**
- **10–12: Worked wonders**
- **13–15: All in day's work**

TABLET BONUS

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Humor in Uniform

During inspection, a female officer asked our very nervous corporal what his first general order was.

"Sir, this cadet's first general order is to take charge of this post and all government property in view, sir!"

Excellent response, except for one detail.

"Do I look like a ma'am or a sir?" the officer demanded.

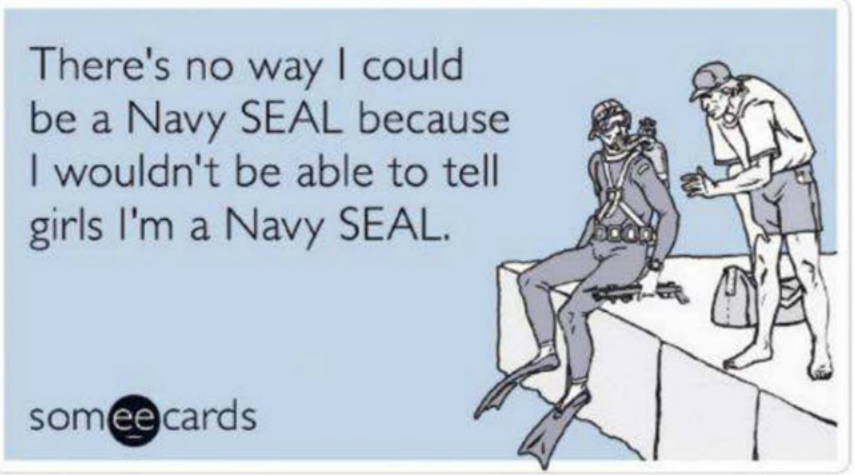
The startled corporal bellowed back, "Sir, you're a ma'am, sir!"

Matt Wakefield, Kent, Washington

When a coworker from my old firm was deployed abroad, the boss placed this sticky note on his door: "Stepped out. Back in 12 months."

Joyce Huang, San Diego, California

BLABBERMOUTHS NEED NOT APPLY



Classic We Love

Our personnel officer, annoyed by a report from his secretary that soldiers were using the copying machine for personal documents, posted this notice: "Troops are not to tamper with the secretary's reproduction equipment without approval of the officer in charge."

Floyd G. Seay

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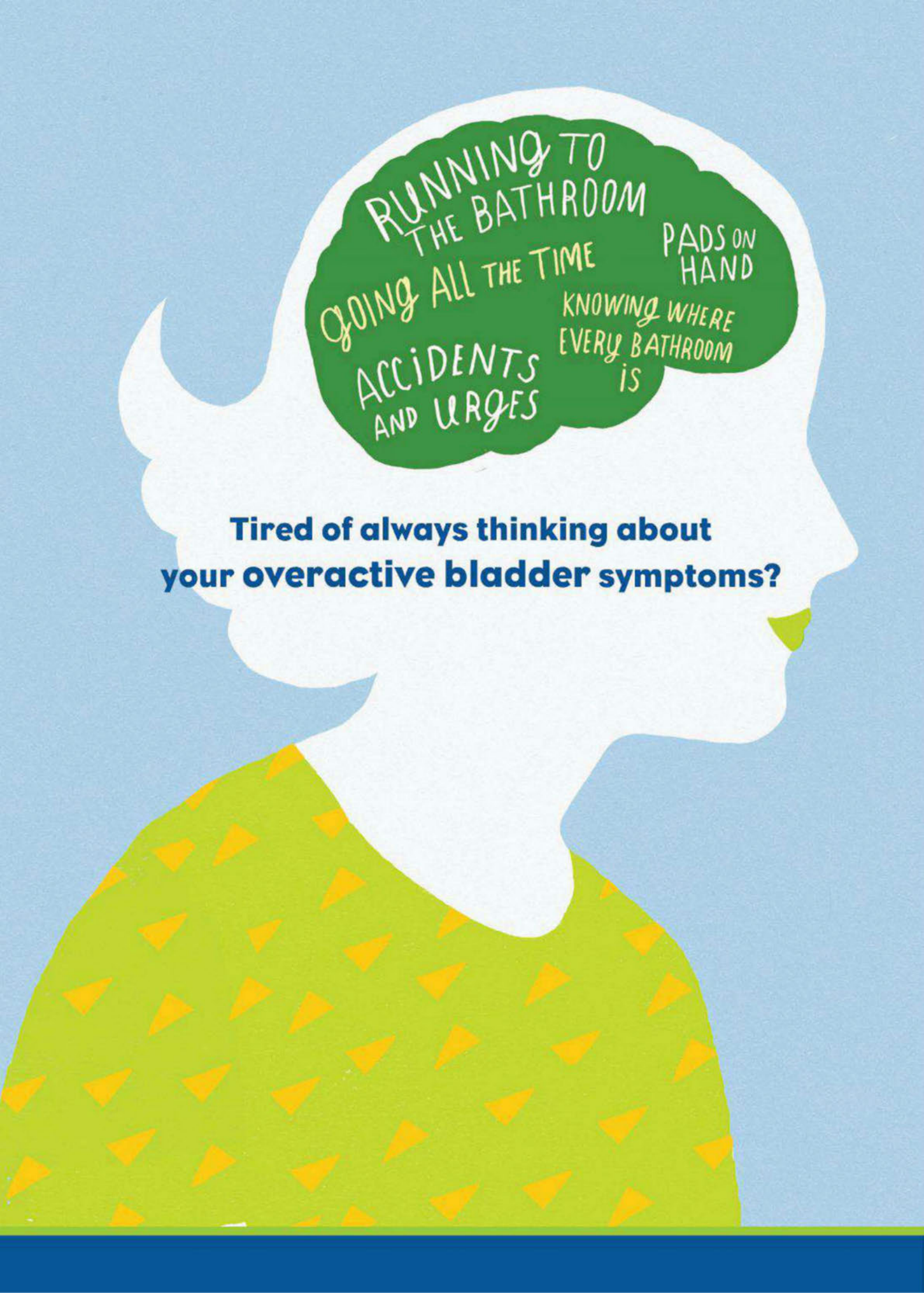

Tired of always thinking about your overactive bladder symptoms?

Think about talking to your doctor

Ask your doctor about prescription Toviaz® (fesoterodine fumarate). It's a once-daily pill that significantly reduces sudden urges and accidents over 24 hours.*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often). Ask your doctor if Toviaz is right for you.

*Results may vary.

Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz.

Toviaz may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat, or tongue, stop taking Toviaz and get emergency medical help right away.

Medicines like Toviaz can cause blurred vision, dizziness, drowsiness and decreased sweating. Do not drive, operate machinery, or do unsafe tasks until you know how Toviaz affects you. Use caution in hot environments. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Ready to do something? Go to Toviaz.com or call 1-888-8-TOVIAZ

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(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder.
TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients or to Detrol (tolterodine tartrate) or Detrol LA (tolterodine tartrate extended release capsules).

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney or liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

TOVIAZ may cause allergic reactions that may be serious. Symptoms of a serious allergic reaction may include swelling of the face, lips, throat or tongue. If you experience these symptoms, you should stop taking TOVIAZ and get emergency medical help right away.

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ.

For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Do not drive, operate machinery, or do other dangerous activities until you know how TOVIAZ affects you. Blurred vision, dizziness and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

WHAT IS TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
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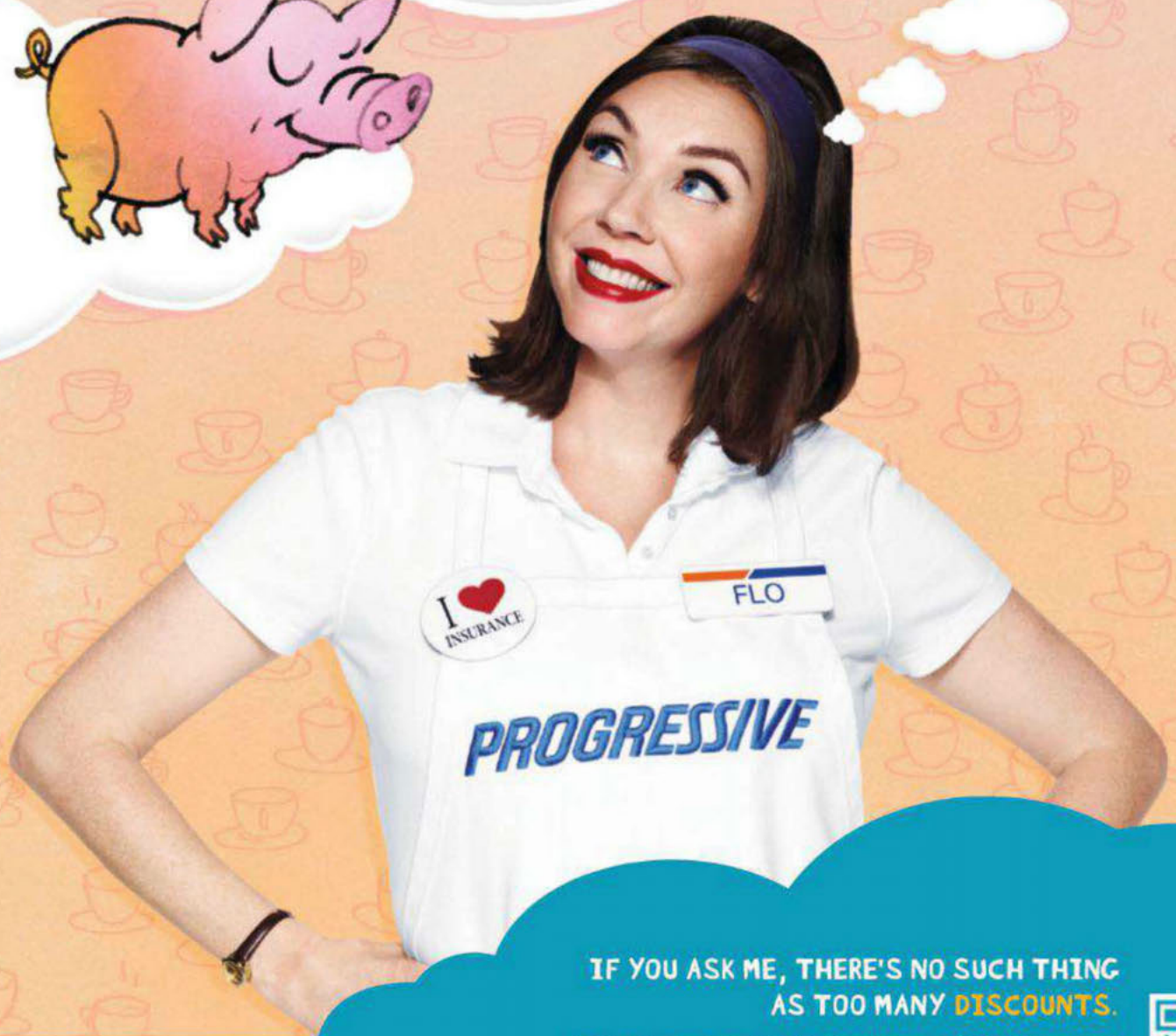

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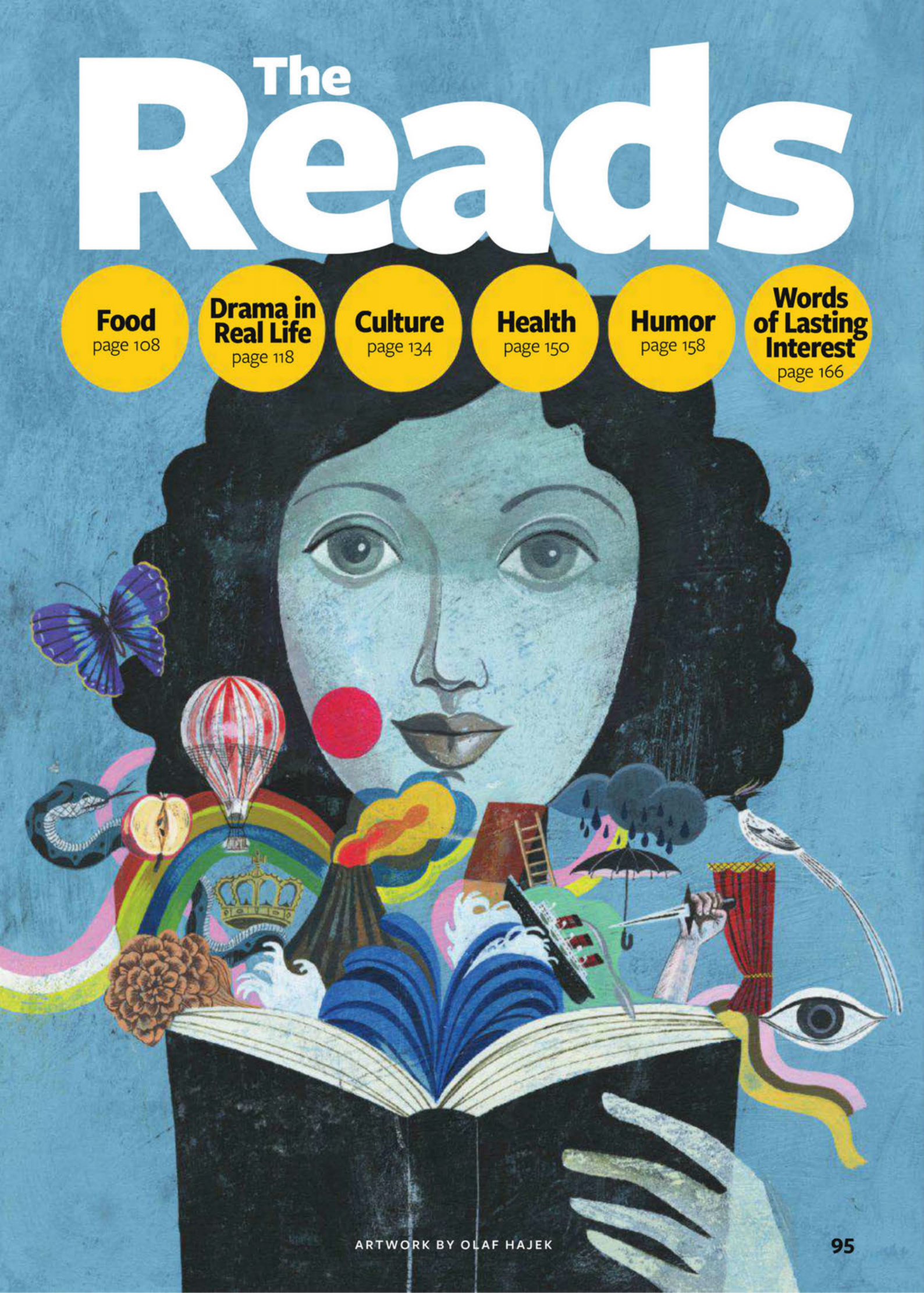


ARTWORK BY OLAF HAJEK

50 DUMB Boss Stories

PHOTOGRAPHS BY PETER YANG

Whether you laugh in recognition or cringe in outrage, you'll just be glad it's not you. *The Office*'s **Rainn Wilson** helps name the best worst tale.

A few months ago, we dared you, dear readers, to share your funny tales of rotten supervisors and laughable managers. Hundreds of you wrote in, sure that you had a tale of woe worthy of the $1,000 grand prize. To help judge this Worst Boss Contest, we called on **Rainn Wilson** and asked him to use the knowledge he's gleaned over the years playing Dwight Schrute—the megalomaniacal, power-hungry social misfit on NBC's *The Office*. Here are our finalists, with the winning (or is it losing?) anecdote at the end.

1 My boss likes to save pennies. How much? I caught him in the break room retrieving paper cups from the trash can and shoving them back into the dispenser next to the watercooler. He didn't even bother wiping off the lipstick.

Barbara B., Maryland

RAINN REPLIES

Your boss is to be commended for his thriftiness. Every penny counts! Even the wiping off of lipstick would have meant the waste of a perfectly good Kleenex.

2 After I'd been working in a small marketing agency for two years, my boss called me into his office one afternoon and told me I was finally receiving a promotion and a raise. I was elated. But when I reminded him about it the next day, he reneged. I started to argue, but he cut me off.

"You know better than to take me seriously in the afternoons," he said. "I'm drunk every afternoon."

Elizabeth B., Georgia

3 While on the job, I was unpleasantly surprised by the early arrival of my monthly cycle. After unsuccessfully begging every woman I could for "logistical support," I reluctantly approached my supervisor, Jerry, and, choosing my words carefully, stammered, "I ... um ... would like to request permission to go home. I am ... having trouble with ... a female issue that ... I'm not able to successfully resolve."

Poor old Jerry said, "Sure, no problem. But tell me, which female?"

Glenda Herrin, El Paso, Texas

RAINN REPLIES

I don't get it either. Which female are you referring to? Your aunt? And you get a new bicycle each month? I don't understand this at all. It's like it was written in some sort of foreign woman language.

4 Our former department head was famous for his malaprops. Here are his greatest hits:

- The Greek pyramids weren't built in a day.
- Spurt me out an e-mail.
- Let's not put the horse before the cart.
- Tonight we're eating at the Tibetian restaurant.
- It's not rocket surgery.
- It's all smoke and windows.
- Nothing is nailed in stone.
- Sometimes you have to roll the dice, and it comes up tails.

Steve Wehmoff, New York

5 Once after work, my boss, a self-titled "e-mail man," sent me a text message instructing me to check my e-mail. I rushed over to my computer and pulled up the important missive. It contained two words: "Call me."

Martin Hoffmann, Pearland, Texas

RAINN REPLIES

You should have then faxed him your Skype info.

6 I was five and a half months pregnant, and the principal decided it was time we had a chat about dress code ... my dress code. "I don't know if you are aware, but your body is changing," she said awkwardly. "I'm concerned because your breasts have become inappropriately large for a secondary school teacher."

Long, uncomfortable pause.

"That's all," she said, dismissing me. She never did say what she expected me to do about the problem.

Kristen J., Tennessee

7 I'd gone on vacation without having processed a pay raise for one of the employees of our medical practice. When I returned, I discovered that my boss had filed the forms away. I opened the file cabinet and looked up the employee's last name,

first name, subject matter—nothing.

"Hey, where did you file those papers?" I asked my boss.

"Look under *M*," he said.

"*M*?" I asked. "But his initials are *C. S.* Why would you file it under *M*?"

Exasperated, he said, "For *money*."

Deborah Bush, Virginia

8 I stayed late with my boss fielding customer queries. But after one call, a look of horror crossed his face.

"I have to get out of here!" he yelled. "That was my girlfriend. Her husband is in a motorcycle gang, and he just found out about me. He's on his way over here right now!"

The husband had never laid eyes on him, he said, but knew he worked late nights at the newspaper. My boss then left me with these words: "Keep answering phone calls from customers!" And out the door he went.

Being eager to please, I stayed put. But then it hit me: My boss was setting me up. He was hoping I'd be mistaken for the boyfriend!

I quickly grabbed my coat, turned out the lights, and got out of there.

Phil P., Pennsylvania

If Workers Could Talk Back

Fark.com asked readers, "If you could say anything to your boss—anything at all without repercussions—what would you say?"

9 "Your yellow shirt and red tie make you look like Ronald McDonald, sir."

10 "Would it be too much to ask for you to actually read the summaries instead of making us summarize the summaries every day?"

11 "Quit dressing like Snookie from *Jersey Shore* and dress for business."

12 "We all know it's not iced tea."

13 "No. Why don't *you* get in the Chuck E. suit."

14 "Do you *know* why you don't think Dilbert is funny?!?"

15 "You remember that one time we were at this bar and you chugged a whole pitcher of beer? That was awesome."

16 At my old office, one of the bosses went crazy and threw his computer out the window, 50 floors above street level. It bounced on a ledge a few stories down and stayed there, thankfully. Later, he was taken out of the office in a straitjacket. Oddly, he returned to work a month later.

B.O., Montclair, New Jersey

17 I was working as a reporter for an "alternative" New York City newspaper. Our office was a storefront with a double door. The publisher owned a small Honda, a tiny 1970s model no bigger than a shopping cart. Or so it seemed, until he decided to park it *in* the office at night to avoid the hassle of parking on the street.

"It will never fit," we told him.

"Sure it will," he said.

WARDROBE STYLIST: VANESSA SHOKRAIN FOR CELESTINE AGENCY; PROP STYLIST: DAVID ROSS FOR ARTMIX BEAUTY; GROOMING: JACQUELINE BUSH FOR RENÉ FURTERER AND KETT COSMETICS

So we pushed all the desks against the wall, and he backed the vehicle across the sidewalk. Sure enough, the rear end of the car made it through the door with an inch to spare on either side. Wow! This was actually going to work! We were going to park a car in the middle of our office!

Alas, no. Half an hour later, and dizzy from breathing carbon monoxide, he could not squeeze the side mirrors through the doors. The strange thing is, as we moved our desks back, I was as disappointed as my boss that his scheme didn't work.

D. N., Morristown, New Jersey

18 It was a typical hectic Friday afternoon at our law office. My boss, meanwhile, was hundreds of miles away at a luxury resort preparing for a meeting. In the midst of my insane day, I got an urgent call from him.

"You have to phone the hotel right away. It's important," my boss said. "Ask them to send someone to the pool area immediately."

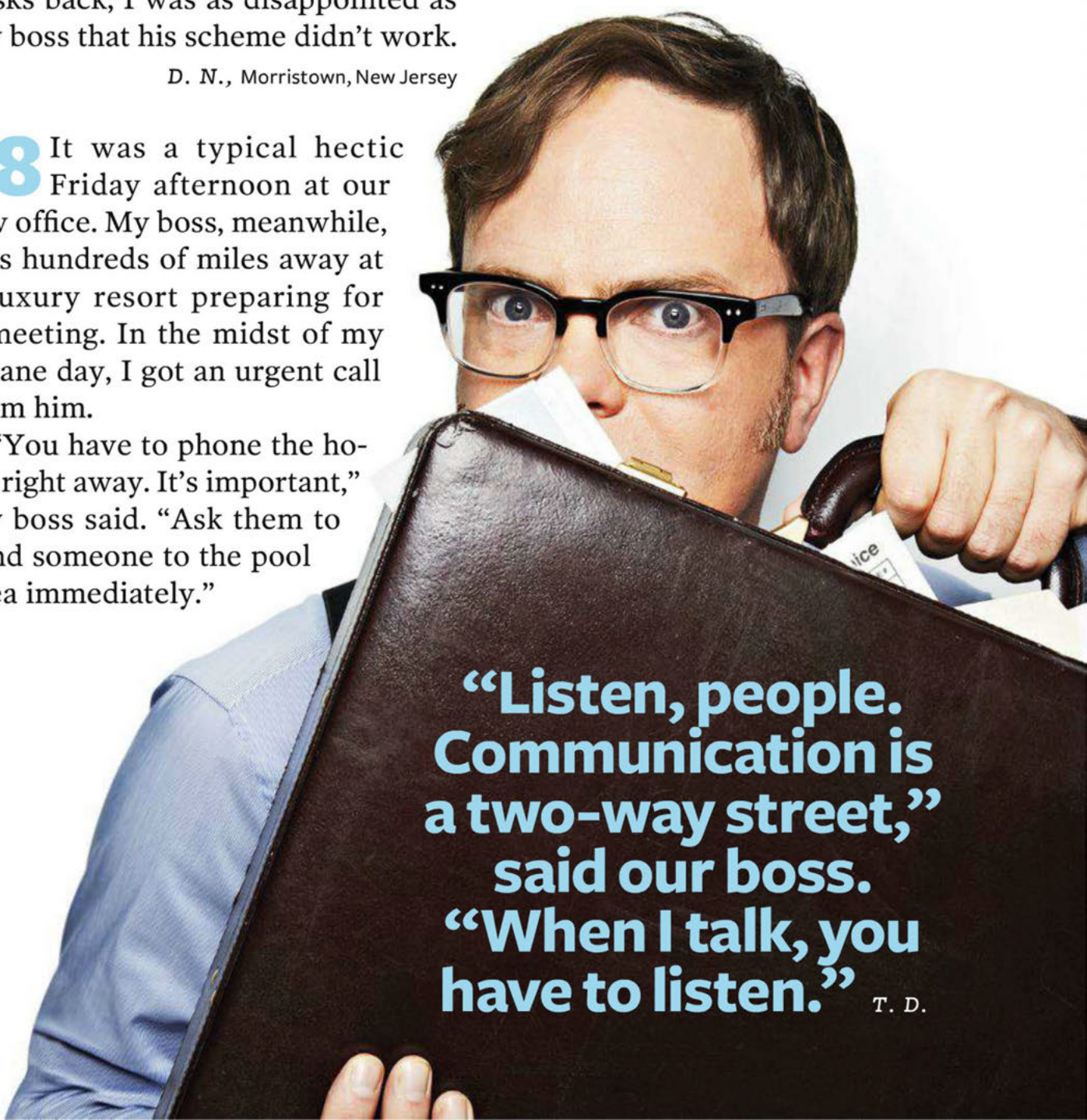
"What's wrong?" I asked.

"We haven't seen a waiter in 20 minutes, and we need our drinks refreshed."

Bonah Bachenheimer, Long Beach, California

RAINN REPLIES

It's so hard to get good help these days. What resort was it? I'm planning a Christmas getaway, and I want to make sure to never stay there!



"Listen, people. Communication is a two-way street," said our boss. "When I talk, you have to listen." *T. D.*

19 Shortly after 9/11, our division manager wanted to do something to unite the company. He told my boss to assemble everyone in the boardroom and to place the lyrics of the national anthem on each seat. On the day of the event, I had filled the room with streamers, balloons, and small flags and, as requested, had placed a song sheet with the lyrics of the national anthem on each chair.

"What's this?!" the division manager shouted at me. Pointing to the song sheet with the title "Star-Spangled Banner" on it, he continued, "I wanted the lyrics to the national anthem!"

Anonymous

20 My boss's assistant, an efficient middle-aged woman, spent much of the morning transcribing a letter he had dictated, when she suddenly let go with a string of expletives, words I'd never realized were in her vocabulary.

"Is everything all right?" I asked.

Steaming, she rewound her digital dictation device a few seconds and let

Pink-Slipped

21 A New Zealand office worker was axed for using bold, uppercase letters in an e-mail to coworkers on how to properly fill out forms. The company deemed the capital letters confrontational.

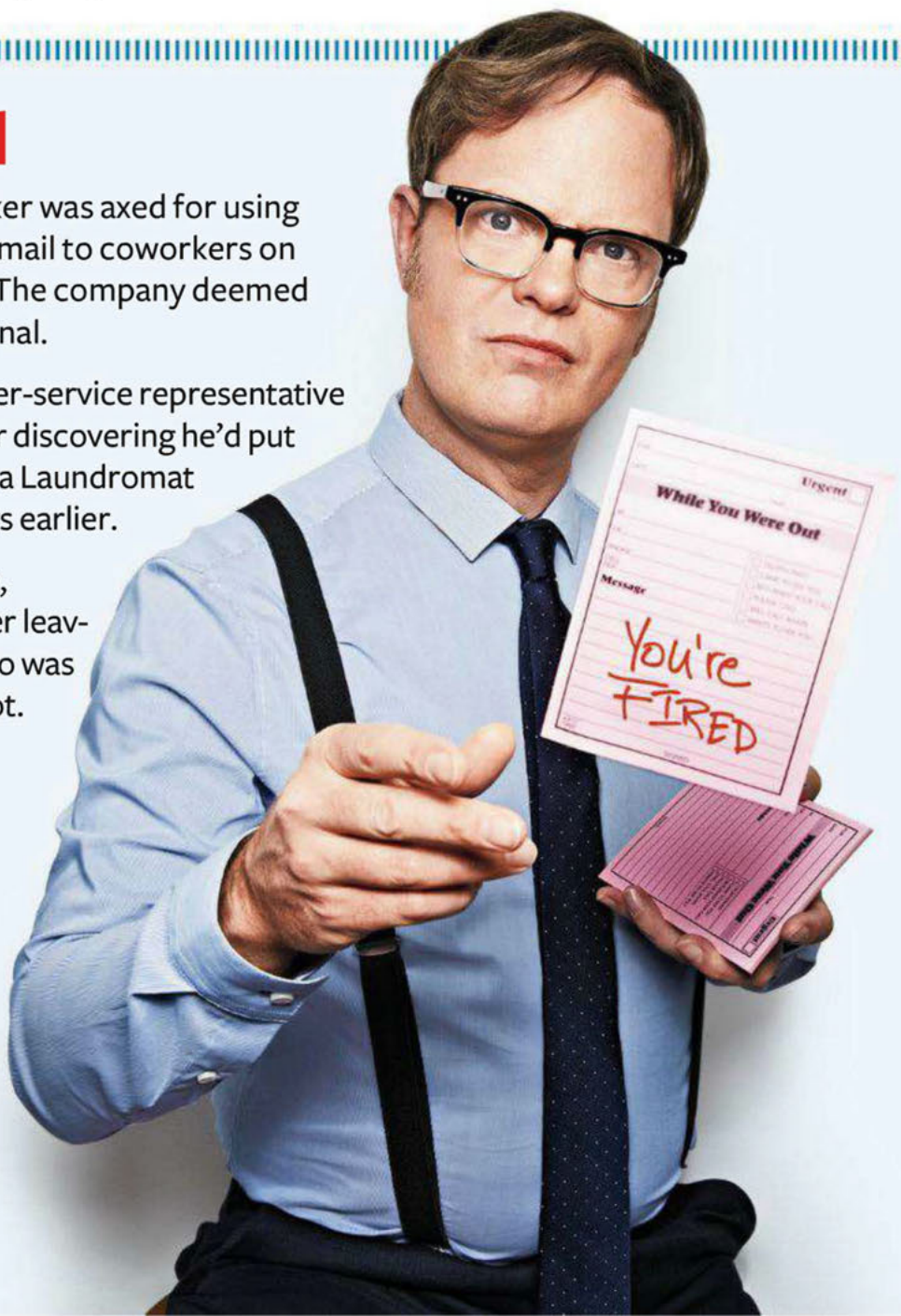
22 Wells Fargo fired a customer-service representative with seven years on the job after discovering he'd put a cardboard cutout of a dime in a Laundromat washing machine nearly 50 years earlier.

23 A waiter in Fort Lauderdale, Florida, claims he was let go after leaving his post to help a woman who was being carjacked in the parking lot.

24 A fashion model was reportedly fired for being too fat. The model is five ten and weighs 120 pounds.

25 A Chicago car salesman was shown the door for wearing a Green Bay Packers tie to work.

Sources: *New Zealand Herald*, Associated Press, wsvn.com (Fort Lauderdale, Florida), stylelist.com, espn.go.com



me listen to what she had heard: my boss saying, "No, no, forget all of that. [Pause] 'Dear sir ...'"

Johnny Walker, Kempton, Pennsylvania

26 My boss's biggest nemesis is the English language. During one meeting, I asked about the status of a particular report. He replied, "We aren't going to prepare that report. It would be an exercise in fertility."

It would be funnier if he didn't earn four times more than I do. *Sue T.,* Ohio

RAINN REPLIES

I know your boss. He suffers from pulpophobia, an extreme reaction to paper products and reports. Frankly, you should have shown a lot more sensitivity to his issue.

27 The front office asked us to figure out the square footage dedicated to each department in our clothing store. To save time, I suggested we count the ceiling tiles above each department.

"They're each two square feet. Counting the tiles would give us an accurate dimension of each department without having to work around all the displays," I explained.

My boss hated the idea. "He-lloo," she said, sarcastically, "we need the square footage of the floor, not the ceiling." *Terri Hanke,* Kansas

28 As a teenager, I worked at a diner that had an all-glass front. One day, a blizzard blew in, knocking the wind chill factor down to 40 below. But my boss sent me outside anyway to wash the windows.

"Put some alcohol in that bucket so the water doesn't freeze," he said.

"The water? What about me?" I asked.

He grunted, "You're too young for alcohol."

Scott Donovan, Charlton, Massachusetts

29 After I worked through lunch to help my boss with a report, he offered to show his appreciation by taking me out for a bite. The place he had in mind had a wonderful buffet, he said, with foods from around the world. I was absolutely salivating with each detail. So what was his idea of an exotic dining establishment? Sam's Club. We spent the hour dining on the free samples they handed out.

Wendy Brown, Illinois

RAINN REPLIES

Be thankful you're a member! I'd love to be a member of Sam's Club. But he's never invited me.

30 On my first day at a new job, I arrived to find someone in the office that I'd been told would be mine. Puzzled, I went to find the person who had hired me, but she was away at a conference. So I told another person my story. She made a few calls, then told me to find a place to sit.

"Don't speak to anyone," she ordered

me. "Just wait for someone to find you something to do until your boss returns."

Turns out, before my boss left town, she had forgotten to fire the person I was replacing.

Nancy E., Massachusetts

31 My boss was a real gentleman. Although it wasn't my job, he once made me mow the lawn around our office building. I was wearing a dress and high heels.

Tamara T., Nebraska

32 My boss was notoriously cheap, so when he handed me a birthday card, I was pleasantly surprised.

"Thank you," I said.

"You're welcome," he replied. "And when you get through reading it, take it to Robin down the hall. It's her birthday today too."

Gail Snyder, Georgia

RAINN REPLIES

Now, that's effective leadership. I once had a boss who had only one birthday card, to be used year-round, passed from employee to employee. It had been used since 1954, and he docked us $8 "rent" every time we kept it in our possession for our birthday. That man? Warren Buffett.

My boss ...

36 ... was divorced

I was fired by my boss because of the way I laugh. Apparently, it reminds him too much of his ex-wife's laugh. I'm a guy. fmylife.com

37 ... is empathetic

My boss hired a guy who was color-blind to do color corrections at the photo lab. After angry customers returned their pictures, I informed my boss. She told me that I was putting him down to build myself up. jobs.aol.com

38 ... is a menace

Last night, my boss dropped his cell phone in his pool, so he put it in the dryer. Now he's out a phone, and his dryer needs servicing to remove the tiny shards of glass caused by the phone screen smashing apart. mystupidboss.net

39 ... is a lover of the arts

My boss overheard me tell coworkers that I'd gotten tickets to a concert. Later, he said I had to work the night of the show. He then offered to buy the tickets from me for half of what I'd paid for them. fmylife.com

40 ... loves to entertain

My fiancé and I were invited to a party that my boss was throwing. She said how pretty my white blouse and black skirt looked on me and suggested I wear it. When we arrived, she introduced me to the caterer as the waitress and showed my fiancé to the bar where he would be working. jobs.aol.com

41 ... is a teetotaler

Our bar owner told us to begin cutting off drunk patrons. Pointing at me, he said, "When they start hitting on her, they're too drunk to drive." fmylife.com

33 During a faculty meeting at our school, our principal grew frustrated with the lack of attention he felt was his due. Raising his voice, he shouted, "Listen, people. Communication is a two-way street. When I talk, you have to listen."

T. D., via Internet

34 My (former) boss had a surprise for me one day. "I brought in muffins," he said. "They're in the break room. Help yourself."

Of course, I ran to get my fill. But when I got there, I found all the muffins were topless—only the stumps were left.

"What gives?" I asked him.

"Oh, yeah," he said. "I only like the muffin tops."

Carl Graf, Tewksbury, Massachusetts

35 As an employee representative, it was my unfortunate duty to do battle with our boss whenever he asked too much of his employees.

"You think you know everything, don't you?" he yelled at me once.

"No, sir, I don't," I countered. "But I do know what the law says. And the law says—"

"The law!?" he roared. "The law has absolutely nothing to do with what goes on in this company!"

Y. F., Bellevue, Washington

42 ... is otherworldly

Our chief executive made decisions based on graphology and astrology. She would secretly acquire handwriting samples from new staff and decide on appropriate placement for each person based on the results. bobsutton.typepad.com

43 ... is xenophobic

My boss told his wife that the Great Lakes are a man-made border to separate us from the Canadians.

mystupidboss.net

44 ... is not a cook

My editor left a note on a recipe story I was working on. It read "Please be specific. Do you have to peel the egg before you boil it?"

forbes.com

45 ... is a quick study

You would be talking with my boss, and suddenly she would snap. She'd lock eyes with you, and her voice would drop very low. It turns out that she learned this technique in obedience class with her dog, and she found it to be an effective "tool" in managing people.

jobs.aol.com

46 ... is short

I was chewed out by my boss because, according to him, I look down on him. I'm six five. fmylife.com

47 ... is a delegator

My supervisor's 80-year-old mother-in-law was in his office upstairs from mine. He called my name, and I ran upstairs. He was on the phone. Without hanging up, he said to me, "Would you mind giving her the Heimlich maneuver? She can't breathe."

jobs.aol.com

48 ... is a narcissist

My boss gave the first employee-of-the-month award to himself.

bobsutton.typepad.com

I Wanna Work for Her!

Here are a few bosses for whom we'd gladly burn the midnight oil:

■ The sour economy wreaked havoc on Lola Gonzalez's Florida business, Accurate Background Check. But she didn't have the heart to fire any of her employees. So she fired herself instead and took a job elsewhere for less than half her previous salary.

■ Cato Syversen, CEO of Creditsafe, a British credit report company, celebrated its 15th year in existence by treating his 500 employees to an all-expenses-paid trip to the Spanish island Majorca.

■ When Joe Lueken of Bemidji, Minnesota, retired at age 70, he considered selling his three grocery stores to the highest bidder. Then he had a better idea: He gave his stores away to his 400 employees.

■ After Brandon Reyna suffered a seizure in his State Farm office in Southlake, Texas, his boss, Amanda Moreno, put into practice the CPR she had learned three weeks earlier. It worked.

■ Howard Cooper retired from his successful Honda dealership in Ann Arbor, Michigan, and wanted to show his appreciation to his employees. So he gave them each $1,000 ... for every year they had worked for him.

■ With her husband deployed and her family 500 miles away, Ashley Harr had no one to be with her when she gave birth in New London, Connecticut. In stepped her boss at the real estate company. Melissa Giangrasso acted as both a birth coach and a surrogate mother as the new mom slept.

Sources: metro.co.uk, annarbor.com, cbsdfw.com, *USA Today*, norwichbulletin.com

49 I was performing with another comic, and part of our deal was a free meal. After my set, I asked our waitress if I could get a bite. She said no, so I asked to speak with the manager. Next thing I knew, he was charging straight at me, screaming that I was rude to his waitress. He chased me around the table, yelling and lunging at me. Thankfully, the bouncer separated us.

When the other comic got offstage, I said, "You won't believe this, but the manager tried to kill me!"

"Really?" he said. "I didn't think your set was that bad."

D. F. Sweedler, New York, New York

And the WORST boss is ...

50 During my brother-in-law's first performance review, his boss said, "I'm not quite sure what it is you do here. But, whatever it is, could you do it faster?"

Jeanie Waara, Philip, South Dakota

RAINN REPLIES

Now, this is my kind of boss. Insulting one's inferiors has produced some of humanity's greatest achievements. Would those heads on Easter Island have ever been raised by the Pacific Islanders without some prodding from their alien overlords? No!

How to Be the Big Cheese

BY RAINN WILSON

People ask me all the time, "Rainn, what makes a great boss?" Two words: *leader* and *ship*. People will then respond, "Rainn, that's actually one word." And then I will have them sent to my private "rehabilitation chamber," the one next to my trailer on the set of *The Office,* and they'll never be heard from again.

You see, by leadership, I'm not talking about the ability to communicate, listen, or know that *leadership* is actually one word. No, a great boss inspires his legions through power, like North Korea's Kim Jong-un. Plus, he has a spiffy title: Supreme Leader. That sounds way better than vice president in charge of sales.

OK, yes, disappearances and murders of rivals may be taking it a step too far. And frankly, it's bad business sense. Remember, as the boss, you have to replace all those people and train the new hires. A good boss, therefore, knows how to rule with an iron fist, not with an atomic bomb.

A good boss also wears many hats. Literally. Designing uniforms for your minions is crucial to leadership in the modern workplace. For instance, employees of a tire store could wear form-fitting latex outfits. At accounting firms, they could dress up as giant numbers! What a great team-building exercise!

One of the more important responsibilities a boss enjoys is the doling out of discipline. To this end, Bond villains are a great source of inspiration for me. At their desks you'll often find a sequence of buttons, the sole purpose of which is behavioral correction. Any modern manager will thrive with one of those fear-the-boss workstations. Personally, I've always dreamed of having a shark tank underneath the floorboards. But with corporations cutting back on perks, a cheap yet still effective method would be to rig employees' chairs with electric charges. I find that you can coax better and faster work with a 310-volt jolt here and there.

Of course, not all employees "get it," if you know what I mean. They don't understand what it takes to be a modern boss. They'll go over your head or to the unions. "He's not treating me fairly!" "He yelled at me!" "He connected my chair to a 310-volt charge!" They might even write in to *Reader's Digest,* much like the whiners who have sent in their horrible-boss stories here. Feel free to have those people see me. ■

12 MOST

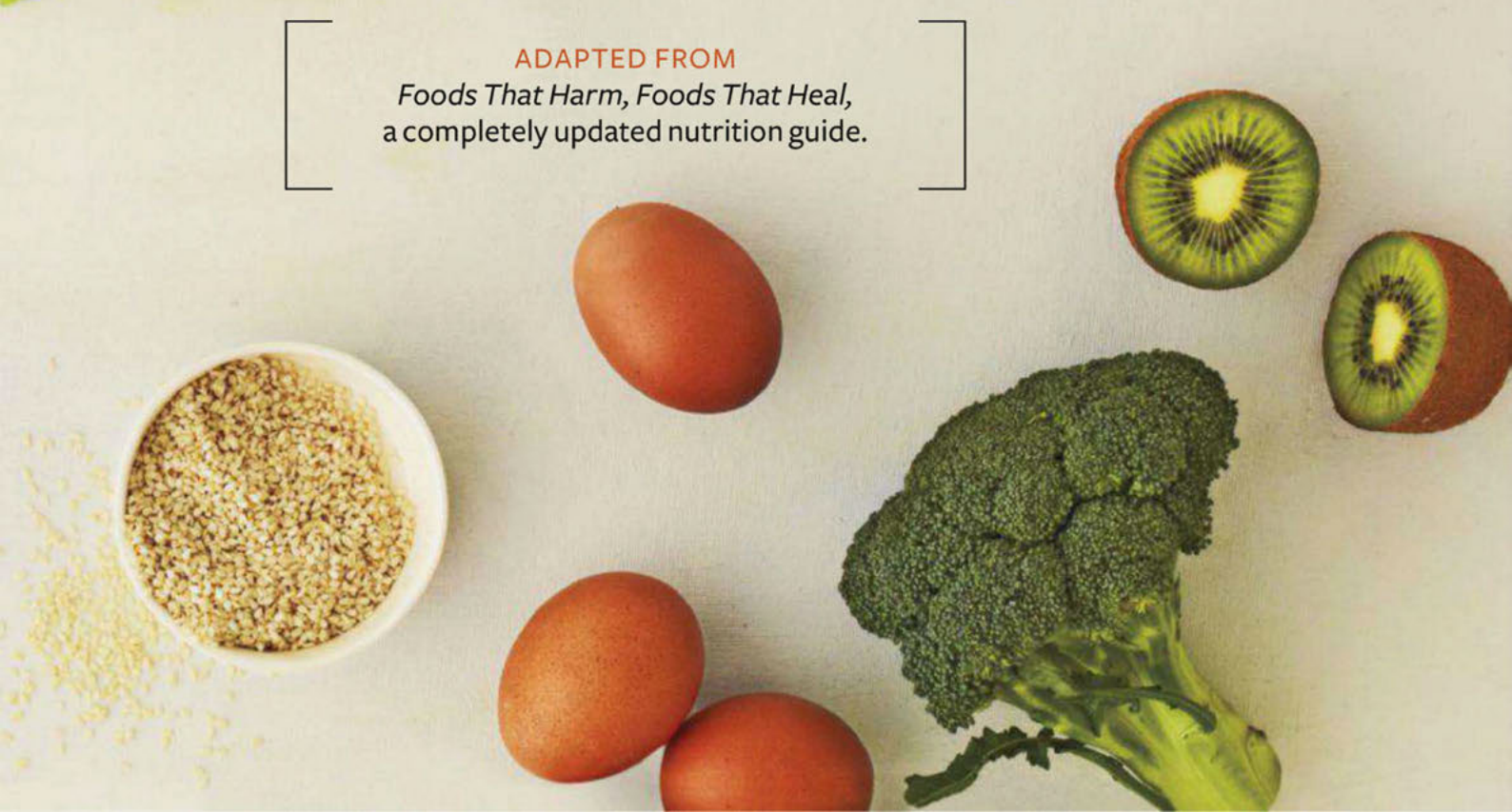
The best picks to prevent and treat heart disease, cancer, headaches, and countless everyday ills

PHOTOGRAPHS BY WILLIAM BRINSON

FOODS THAT HARM FOODS THAT HEAL

HEALING FOODS

ADAPTED FROM
Foods That Harm, Foods That Heal,
a completely updated nutrition guide.



1 **FIGS:** A rare fruit source of calcium, figs may help prevent the bone loss associated with aging. They're also very high in fiber, which may reduce the risk of colon, breast, and prostate cancers.

Eat them like this: Slice fresh, unpeeled figs, and serve with cheese or on a salad; toss dried figs into trail mix. Figs that aren't completely ripe can irritate the mouth, so look for soft, aromatic ones.

2 **BEETS:** Nutrient-packed beets may sharpen your mind. They produce nitric acid, which helps increase blood flow throughout your body—including the areas of the brain that are associated with degeneration and dementia.

Eat them like this: Roast, then puree beets into a dip with Greek yogurt and horseradish, or grate raw beets into a salad (their antioxidants, which can help reduce the risk of cancer, are best absorbed when the veggie is raw).

3 **FRESH CRANBERRIES:** Sure, cranberries are superstars at treating urinary tract infections, but these tart little fruits may also help prevent heart disease. They're rich in anthocyanins, flavonols, and proanthocyanidins, plant chemicals that keep LDL cholesterol from oxidizing and sticking to artery walls.

Eat them like this: Sauté cranberries and serve with pork, or combine with banana, pineapple, and orange for a fruit salad—the sweeter fruits naturally balance out the tartness.

4 **ORANGE PITH:** You already know that oranges are a great source of vitamin C, but eat as much as you can of the pith—the spongy white layer between the zest and the pulp that clings to a peeled orange—too. Although bitter, the pith stores a good amount of the fruit's fiber and antioxidants. (Try to choose organic oranges if you're eating the pith or skin.)

Eat like it this: Put whole orange slices in a smoothie; roast thin slices and serve with whole wheat pancakes.

FIGS are surprisingly high in calcium. And you can even eat the peel!

FOOD STYLIST: MARIANA VELASQUEZ FOR BIG LEO; PROP STYLIST: SARAH CAVE FOR BIG LEO

FIGHT BONE LOSS WITH FIGS!
CAN'T 'BEET' THIS BRAIN BOOST
SNEAKY FIBER SOURCE
LITTLE RED CHOLESTEROL HELPERS

SCRAMBLE UP HEALTHY HAIR & NAILS
SEED A STRONG HEART
CANCER-BEATING CONDIMENT
LUSH WITH OMEGA-3s

5 EGGS: These inexpensive protein sources crackle with health benefits: Zinc and iron support healthy hair and strong nails, and lecithin in the yolks is rich in choline, which helps repair neurological damage and move cholesterol through the bloodstream.

Eat them like this: Scramble eggs with a handful of spinach, or top a bowl of vegetables and brown rice with a (lightly) fried egg, sesame seeds, and soy sauce for a Korean-inspired meal.

6 SESAME SEEDS: One recent study found that when people with high levels of LDL cholesterol ate a few spoonfuls of sesame seeds a day, their LDL levels dropped by almost 10 percent more than when they followed a healthy diet sans sesame seeds. The seeds are also one of the richest sources, by weight, of iron.

Eat them like this: Sprinkle toasted sesame seeds on oatmeal; top steamed vegetables with sesame seeds and sesame or olive oil; make hummus with tahini, a sesame seed butter.

7 MUSTARD: Think beyond the hot dog—mustard is a good source of selenium, which helps protect against cancer, prevent cardiovascular disease, defend your cells against damaging free radicals, and give your immune system a boost (whew—talk about a powerful condiment!). Plus, the manganese in mustard can help soothe PMS symptoms.

Eat it like this: Dip roasted vegetables in a mustard-honey sauce or whisk together mustard, oil, and vinegar for a salad dressing; look for mustard seeds in the spice aisle, and add to stir-fries and curries.

8 LAMB: Among red meats, lamb stands out for its high nutritional value—and it's a surprisingly good source of the omega-3 fatty acids that can protect against heart disease and stroke. The iron in lamb is also easily absorbed by the body, so it helps prevent anemia and boost energy.

Eat it like this: Choose lean cuts from the leg, loin, and shank. Roast leg of lamb for a weekend dinner, or use ground lamb as a topping for tacos and pizza.

EGGS are rich in choline, which may help repair brain damage and move cholesterol through the blood.

9 FROZEN BROCCOLI: Surprise! Frozen varieties may contain 35 percent more beta-carotene by weight than fresh broccoli that's shipped across the country. Plus, the sulforaphane in broccoli may help your body fight off infections that inflame the lungs and arteries. Finally, broccoli's high level of vitamin C helps create collagen, which keeps skin healthy, firm, and glowing.

Eat it like this: Toss steamed florets with tomato sauce and toasted walnuts for a side dish, or scatter atop a frozen pizza before baking.

10 CHILES: The heat source in these fiery bites, capsaicin, may help prevent the blood clots that lead to a heart attack and stroke. Plus, eating chiles can provide temporary relief from nasal and sinus congestion—and even provide a quick lift to your metabolism!

Eat them like this: Add chopped chiles to stir-fries, eggs, and soups.

11 KIWIS: Kiwis contain both lutein and zeaxanthin, antioxidants that may maintain eye health. They're also packed with vitamins C and E and other phytochemicals that help fight the free radical damage that can eventually lead to cancer.

Eat them like this: First, skip the peeling step—kiwi skin is completely edible and mild and contains much of the fruit's fiber and vitamin C. Buy organic kiwis, and snack on them like peaches, or blend chopped, unpeeled kiwis into a banana-strawberry smoothie.

FROZEN BROCCOLI
contains 35% more free radical–fighting beta-carotene than fresh does.

12 CELERY LEAVES: Do you cut your celery sticks and toss the rest? Stop! Celery leaves are the most nutritious part of the plant, containing more calcium, iron, potassium, beta-carotene, and vitamin C than the stalks.

Eat them like this: Use like parsley, or mix into salads.

HOT
HEART ATTACK
FIGHTER
IMMUNE
BOOSTER
ON ICE
KEY
FOR CLEAR
SIGHT
SABATIER
NUTRIENT
SUPERSTAR

TOTAL HEALTH CRUSHER
LINKED TO HEART ATTACKS
INCREASES DIABETES RISK
SUGAR BOMB!

4 FOODS TO SKIP

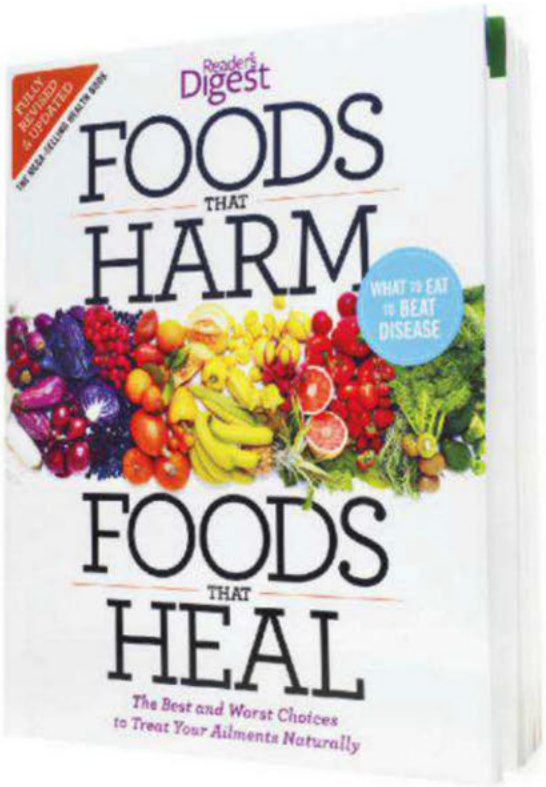
1 **SMOKED AND CURED MEATS:** From fancy charcuterie to "dime a dog" night, pass on cured meats in any form—they've been linked to cancer, cardiovascular disease, high blood pressure, and migraines. Plus, they're packed with artery-clogging grease: Regulations allow up to 50 percent (by weight) of fresh pork sausage to be fat!

2 **ENERGY DRINKS:** Stick to a cup of coffee for your afternoon boost. Seemingly harmless caffeinated beverages are often loaded with sugar—and the FDA has received numerous reports linking brands like 5 Hour Energy and Monster Energy to possible heart attacks, convulsion, and even death.

3 **WHITE RICE:** Skip the refined grains and go for whole: A 17 percent higher risk of diabetes is associated with eating five or more servings of white rice per week, compared with eating white rice less than once a month.

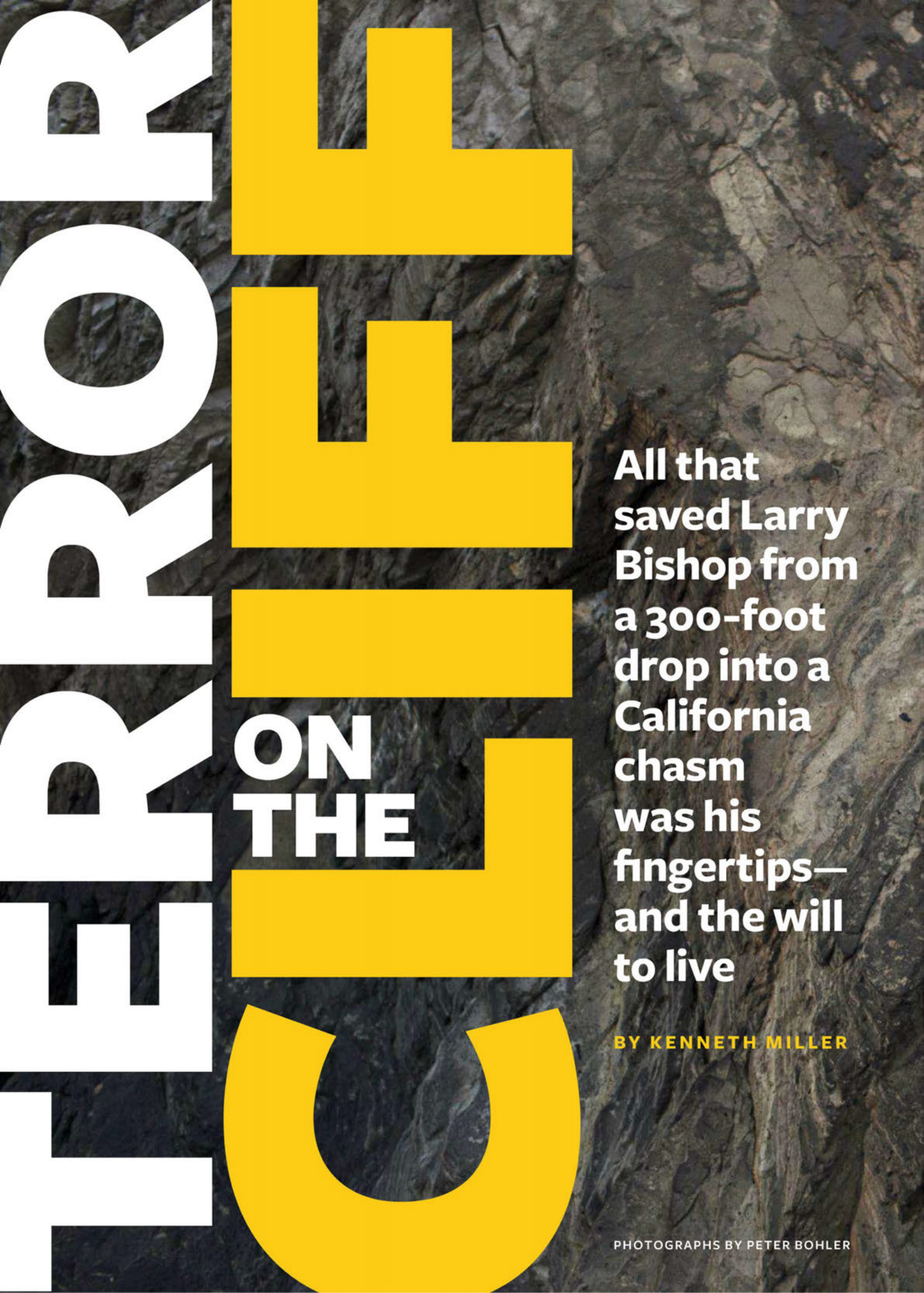
4 **REDUCED-FAT PEANUT BUTTER:** When companies take out the fat, they have to add something back in to make peanut butter taste delicious. In this case, it's extra sugar—and who wants that? Instead, spread regular, natural peanut butter on your sandwich for more of the good fats and protein without fake sweetness.

BOOK: LUCAS ZAREBINSKI


Reader's Digest
FULLY REVISED & UPDATED
FOODS THAT HARM
WHAT TO EAT TO BEAT DISEASE
FOODS THAT HEAL
The Best and Worst Choices to Treat Your Ailments Naturally

NATURE'S CURES FOR BETTER HEALTH

Here's what to eat—and avoid—to prevent and treat everyday ills. In 1997, we published our pioneering, top-selling book *Foods That Harm, Foods That Heal*. New research has emerged, and our understanding of how food affects our bodies is richer than ever. So we updated the original, including cutting-edge studies on 170 foods and 100-plus conditions. You'll also find quick and simple ways to cook and eat your favorites. Get your copy at rd.com/foodsthatheal or wherever books are sold, or simply take a picture of this code with your phone. ■



TERROR ON THE ICE

All that saved Larry Bishop from a 300-foot drop into a California chasm was his fingertips—and the will to live

BY KENNETH MILLER

PHOTOGRAPHS BY PETER BOHLER

DOGTOOTH PEAK, in Central California's Sierra National Forest, towers 10,300 feet above sea level, jutting from the surrounding rock like a hand reaching for the sky. On a Thursday morning last July, three friends eyed the peak and began the ascent from the alpine lakeside where they'd spent the second night of a camping trip. The group, all experienced hikers, wasn't daunted by the two-mile stretch up gradually rising switchbacks to the peak's base. But the last 200- to 300-yard trudge toward the summit was a different story.

When the trio rounded a bend and saw the rocky ascent to the peaks, the eldest of the trio, 72-year-old Birde Newborn, turned back. She suffered from heart trouble and didn't want to push her limits. Her companions, Larry Bishop and Cerena Childress, made it another hundred yards to the last dip before Dogtooth's jutting apex. They paused beneath a wind-twisted cedar to contemplate the final 100-yard stretch, which required a scramble over massive boulders.

To Bishop, a retired hazardous-materials specialist for the Santa Barbara County Fire Department, the challenge seemed minor. At 64, he was lean and vigorous. He'd been hiking, on and off, since he was a Boy Scout; in recent years, after returning to the hobby, he'd bagged some of the highest peaks in the West. Compared with 14,000-footers like Mount Whitney or Mount Langley, he thought, this was nothing.

Childress, 67, was a passionate outdoorswoman, the most seasoned member of the informal backpacking club she'd cofounded with Newborn and Bishop at their church. Still, she wasn't as limber as she used to be. "Those rocks look like leg breakers," she said when Bishop asked if she was coming. "Anyway," she added, nodding toward her Tibetan spaniel, which was snuffling through the chaparral, "Clover wouldn't make it. I'll wait here."

Bishop removed his day pack so that it wouldn't upset his balance on the uneven terrain. "I'll run up and take a few pictures. Back in no time."

"Give a yell if you find that easier

trail we saw online," Childress said. "Or if you break your leg."

Bishop laughed and strode off, swinging his hiking poles. The website they'd consulted for the trip had mentioned an alternate route to the peak, but there was no sign of it as he clambered through the boulder field. It took him just 15 minutes to reach the jagged mountaintop, where a group of Outward Bound instructors and students were practicing rappelling. He joined them in admiring the gorgeous panorama of the High Sierras. He cupped his hands and shouted to Cerena to join him. He heard no response.

As he started down, Bishop noticed a cairn—a pile of stones often used to mark a trail. Was this the easy way? He headed in the direction the cairn seemed to indicate.

The path down from the summit quickly grew steeper. There were no more markers, but Bishop saw a flat, sandy patch about 30 feet below; perhaps it led to an outlet. Soon the slope was nearly vertical, and he had to face the rocks and use his hands to lower himself.

Then his foot slipped, and he was sailing through the air.

THE LONG VIEW

Dazed, he lay in the sand, trying to piece together what had happened. He'd fallen only ten feet, and no limbs were broken. But when he touched the back of his head, his hand came away bloody. Bishop pulled some paper towels from his cargo pocket and stuffed them inside his broad-brimmed hat to cover the wound. He considered calling to the Outward Bound group, but he wasn't badly injured. And he was confident that he could find his way down.

This trail, he now realized, wasn't

Self-portrait: Bishop looks past his feet to the canyon below.

COURTESY LARRY BISHOP (2)

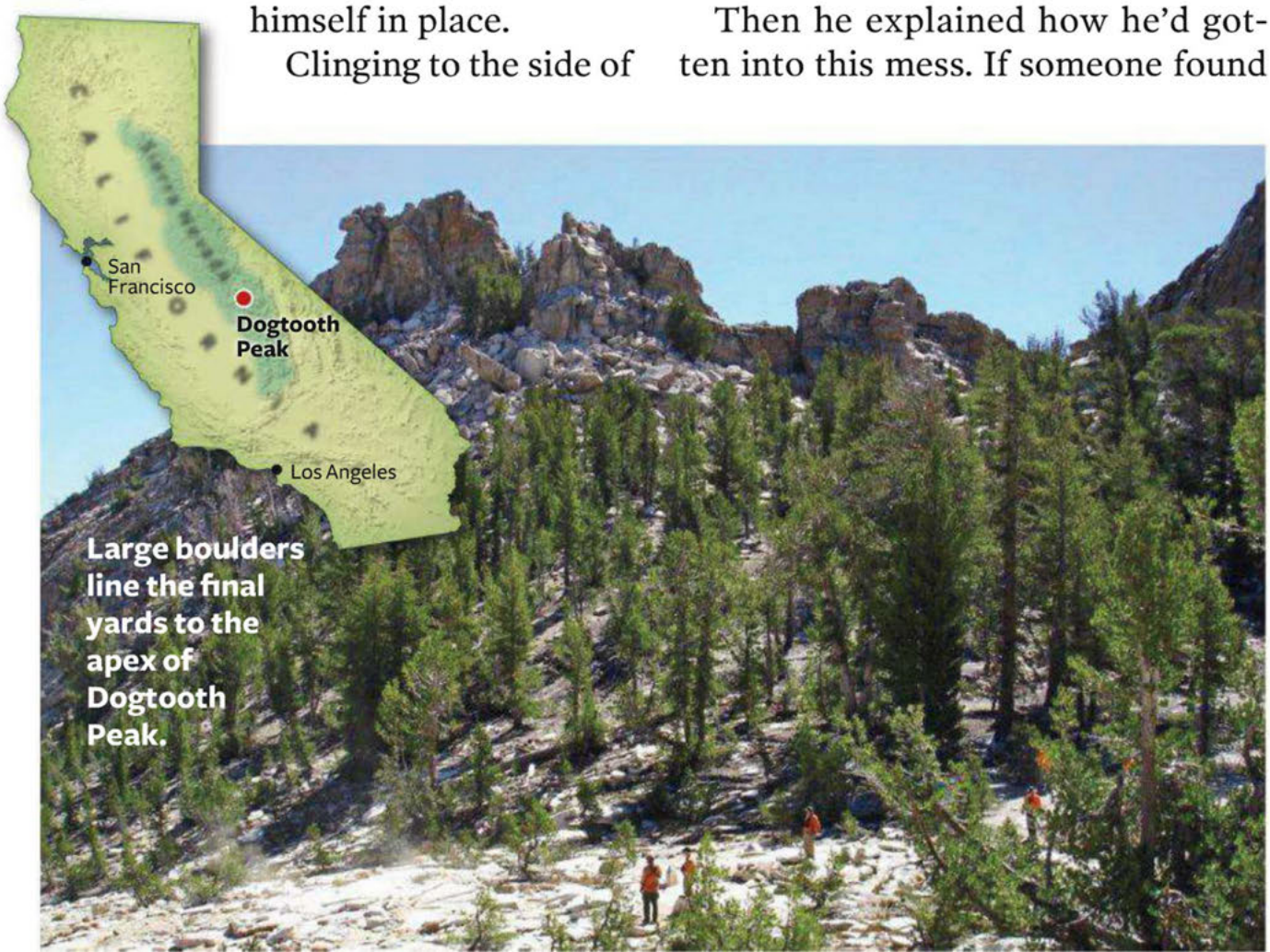
so easy after all; in fact, it didn't even seem to be a trail. Climbing back up would be too dangerous. But if he descended a bit farther, he figured, he could navigate around the base of the peak to where Childress was waiting. He began to follow a narrow drainage channel down the mountainside. Soon it led him to a vast expanse of granite, as steep and slick as a playground slide, which emptied onto a boulder field 600 feet below. Bishop tried using the edge of a slab for traction, but his boots shot out from under him, and he skidded a short yet terrifying distance on his backside. He tried again—and skidded again.

Just below him was a shallow depression in the rock. He scuttled gingerly down to it, wedged his butt into the crevice, and planted his hiking poles in two small cracks to hold himself in place.

Clinging to the side of the mountain, he began to fully understand his predicament. He'd left his cell phone in his tent, but there was no reception out here anyway. He had an emergency whistle, but it was in his day pack, along with his water bottle, granola, and jacket. The sun beat down through the thin mountain air, and he was already thirsty. He shouted for help, but the only response was the echo of his own voice.

Fishing in his pockets, Bishop found a few mints, his camera, his datebook, and a pen. He popped a mint into his mouth to fight the dryness, then took a photo of the landscape and another of his own face. It was 2 p.m. In the datebook, he wrote to his wife and their 30-year-old daughter, beginning, "Kal and Sarah, I love you. Sorry I can't make it."

Then he explained how he'd gotten into this mess. If someone found



Large boulders line the final yards to the apex of Dogtooth Peak.

COURTESY LARRY BISHOP. MAP BY 5W INFOGRAPHIC

him at the bottom of the cliff, he wanted his family to know what had happened.

AT THE BASE OF Dogtooth Peak, Cerena Childress was recovering from a nosebleed, probably brought on by the altitude. More than an hour had passed since she thought she heard Bishop calling her name from somewhere above, and there was still no sign of him. She didn't dare try to reach the summit to look for him, and there was no one else to ask for help—she hadn't seen another hiker in ages.

Around 1 p.m., she noticed that Clover's paw was bleeding. She would have to carry him back to camp, and the going would be slow. Maybe Larry is lying out there hurt, Childress thought; if so, my sitting here won't do him any good. Or maybe he decided to go have an adventure. In any case, she needed to get back to camp before dark.

When she reached the campsite two hours later, she learned that Birde Newborn hadn't seen Bishop either. It was too late to hike out and alert the authorities.

PARTING WORDS

Larry Bishop felt relieved as shadows covered the rock face and the heat grew less brutal, but as the temperature dropped into the 50s, he began to shiver. Periodically, he shouted for help, mostly to hear the sound of someone's voice. Each time an airplane passed, he experienced a surge of hope—could they be searching already?—then a rush of disappointment. In his datebook, he scribbled observations ("Facing death, the world sure looks beautiful"), regrets ("If only I'd brought my jacket"), resolutions ("I will cherish water"). To minimize his own suffering, he remembered that of others: his older sister, who struggled with emphysema; the migrant workers he'd met

SLEEP could be fatal. If he relaxed, he would slide down the mountain.

40 years before, as a Peace Corps volunteer in Borneo, who faced hunger daily and carried all their possessions on their backs.

Sleep, he knew, would be fatal—if he let his limbs go slack, he would slide 600 feet down the mountain. So as darkness fell, he began to sing every song he knew: Beatles songs, folk songs, lullabies he'd sung to his daughter when she was a baby. The lyrics to "Help Me Make It Through the Night" took on a special urgency. He watched the constellations wheel overhead and tried to remember all their names. To keep warm and ward off muscle cramps, he did Tai Chi exercises, moving his arms and legs as much

as his awkward position permitted.

Still, by the time the eastern sky grew pink, he was sore in every part of his body. At 5:30 Friday morning, he wrote the day's first journal entry: "Survived until sunrise."

AROUND THE SAME TIME, Cerena Childress and Birde Newborn were watching the first rays filter through the fabric of their tents. Neither had slept much. The evening before, they'd learned from a fellow camper that the closest place to make a phone call was at Courtright Reservoir, a nine-mile march eastward through rugged backcountry. As the faster hiker, Childress volunteered to make the journey. She set out at 7:30 a.m.

Newborn—leading Clover—headed for the trailhead they'd started from, five miles to the west, where Bishop's car was waiting in the parking lot. (Fortunately, he'd left behind a set of keys.)

At 12:30 p.m., after taking a wrong turn that led to a six-mile detour, Childress stumbled up to the caretaker at Courtright Reservoir and gasped out her story. The woman called the Fresno County Sheriff's Department on the nearby power station's satellite phone. By late Friday afternoon, Childress and Newborn were sitting by the trailhead, watching searchers assemble to hunt for their friend.

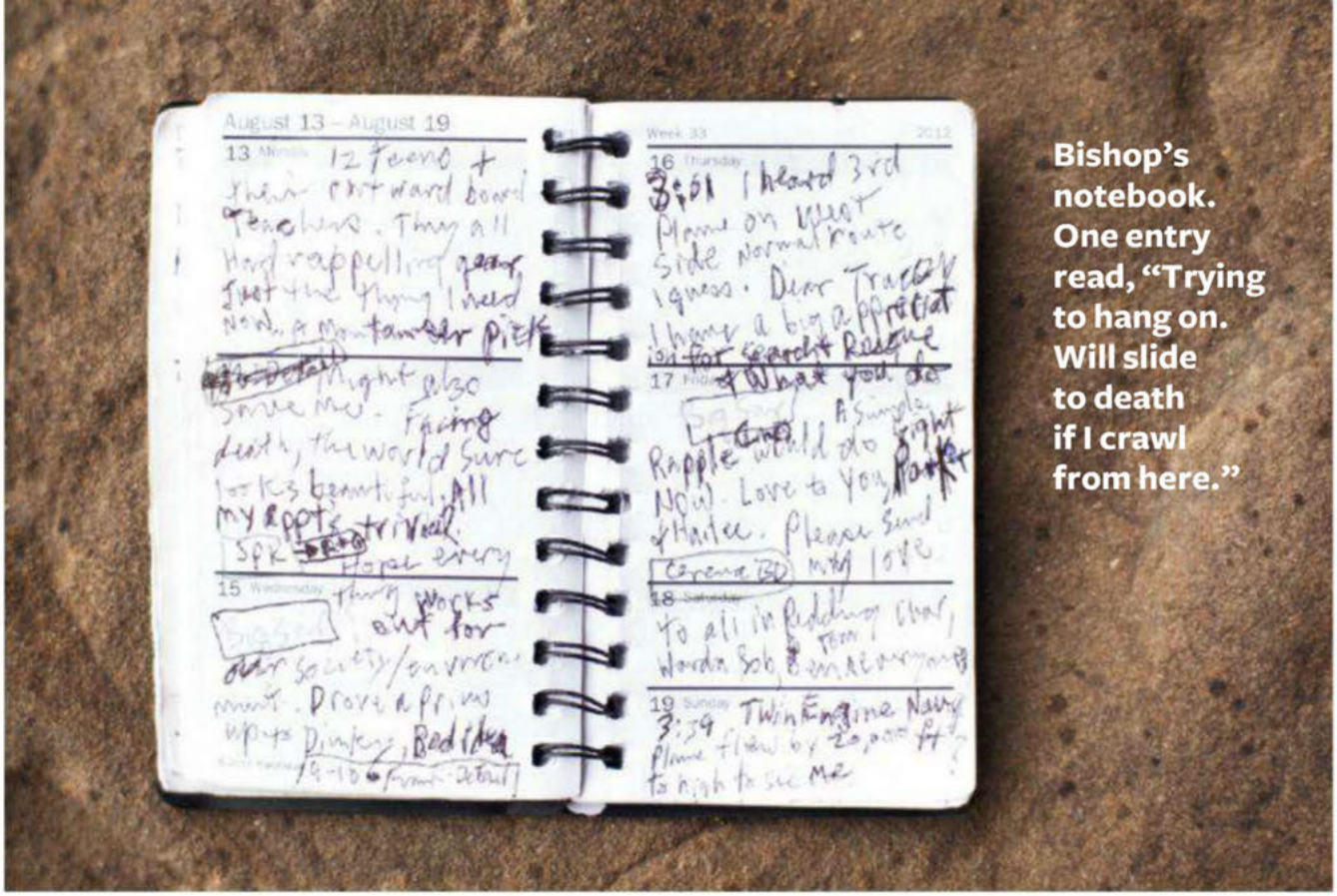
A MIND'S TRICKS

Around 10:30 a.m., Bishop decided to move to another dimple in the rock, 30 feet below, whose dimensions appeared more comfortable. He calculated that he could reach it by rolling onto his belly, then using his hiking poles to make a controlled slide. But the instant he rolled over, gravity took hold. He sped past the hole, accelerating for 300 feet, until his feet rammed into a small ridge.

Heart pounding, he lay there for several minutes, then checked himself for damage. Incredibly, his limbs were still intact, though the skin was rubbed raw over much of the front of his body and face, and his elbows were painfully bruised. His pants were shredded, too, and he'd lost his wallet and his hiking poles. Slowly, Bishop edged down another 50 feet, stopping at a small hole where purple-flowered plants were growing. He chewed on a stem, hoping for some moisture, but it only made him thirstier.

Bishop continued on to the lowest possible resting place, a dent in the granite that was just deep enough to cradle his hip, with a foothold below it and a handhold above. From there, the slope ran its last unob-

GRAVITY took hold. He sped past the hole, and his feet rammed into a small ridge.



Bishop's notebook. One entry read, "Trying to hang on. Will slide to death if I crawl from here."

structed 300 feet into the boulder field.

Around 3 p.m., he saw a helicopter buzz by and was gripped with despair when it didn't slow down. Then, to his astonishment, he spied something beyond the boulders that he hadn't noticed before: an abandoned ski lift. There were tents scattered among the pylons, a man painting at an easel, an SUV. Elated, Bishop waved and yelled, but when he looked again, it had all vanished—there were only pine trees.

He realized he'd been hallucinating, his senses deranged by dehydration and sleeplessness. Two hours later, though, he saw three beige helicopters circling, with men in sunglasses gazing down at him. He gestured frantically and shouted himself hoarse. They disappeared, and again he realized his grasp on reality had lapsed.

Finally, at 7:15, Bishop saw a Fresno Sheriff's Department chopper cruise slowly past. He was absolutely certain this one was real—and this time, he was right. But in his drab clothes, against the expanse of gray rock, he was an invisible speck. The pilot never saw him.

ON FRIDAY NIGHT, three Sheriff's deputies hiked into the wilderness with Fresno County Search and Rescue Mountaineering Team volunteers. They scoured the mountains until well past midnight, by the light of headlamps and lanterns. Then, just after dawn on Saturday, they went searching again. Childress, who'd slept in the car with Newborn, joined the effort that morning, breaking her hand in a fall along the way.

In the afternoon, one party ran into the Outward Bound group that had met Bishop on Dogtooth Peak. After learning that he'd headed down the eastern side of the summit, the searchers concentrated their efforts there. Around

4 p.m., Deputy David Rippe—a 30-year-old detective with the Internet Crimes Against Children Task Force—was combing the base of the peak when he heard what sounded like a moan.

"Did you hear that?" he asked the deputy beside him.

The deputy, Greg Villanueva, nodded. Then he pointed to the cliff face and exclaimed, "Hey, I see him!"

A tiny figure was dangling from the rock, clearly struggling to hold on.

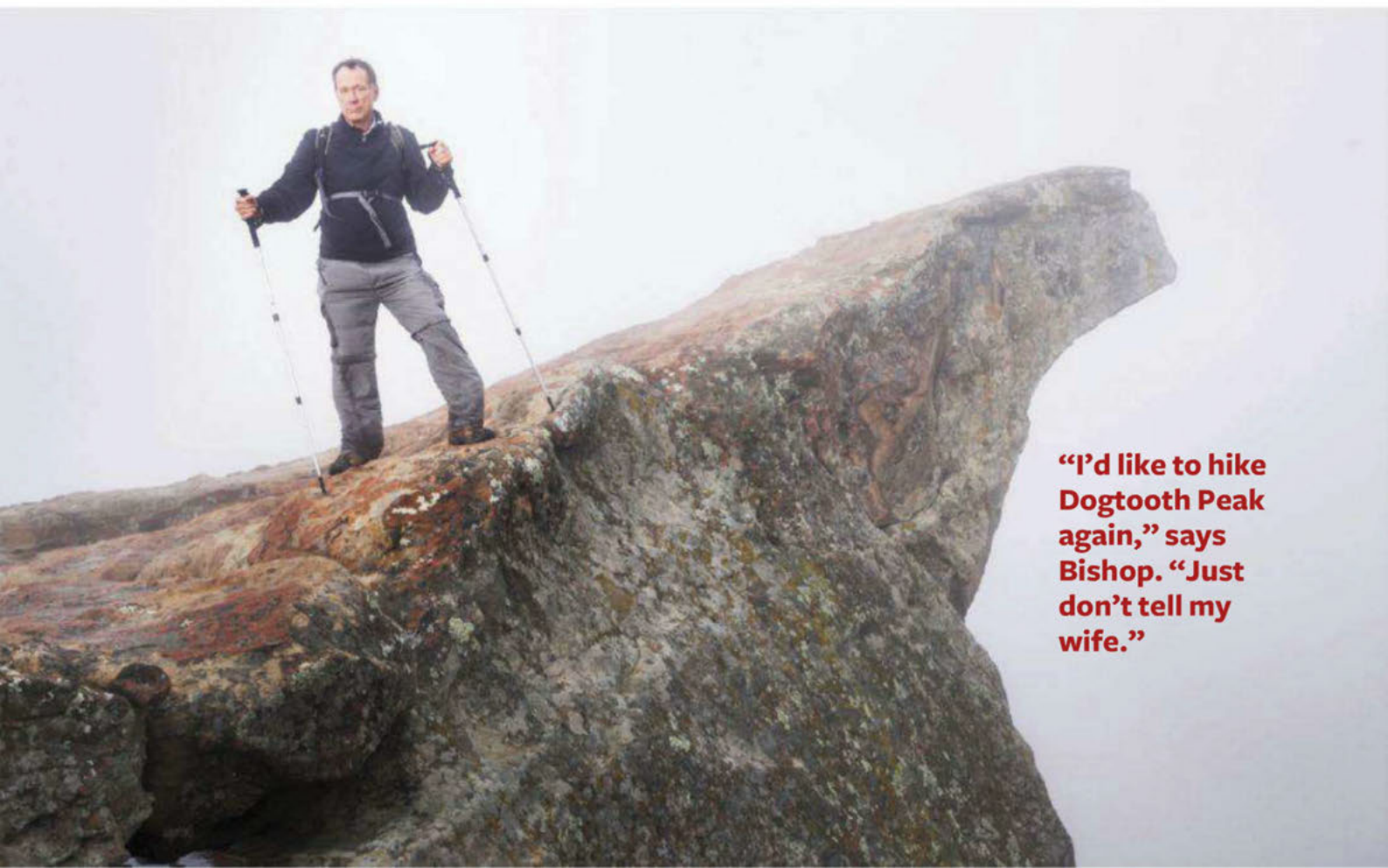
BISHOP HAD MANAGED to stay alert through his second night on the rock, but as the day wore on, he couldn't stop himself from dozing. Each time he awoke, he found he'd slipped down to a spot where only one foot and one hand could grip the wall. He kept dragging himself back up to his precarious refuge, but the effort was growing increasingly difficult.

Finally, he slipped into a dream: He saw a giant clock with a single hand, which was ticking backward toward zero. He understood that zero was death, and the only way to stop the hand from getting there was to resist the urge to relax.

A new thought occurred to him: Maybe if I let go, I can survive the fall. But before he could give it more thought, he saw men in orange vests running toward the bottom of the cliff.

THE RESCUE

Plotting a safe route up 300 near-vertical feet of slippery granite takes careful consideration. Deputy Rippe didn't have time for that. Instead, he yelled for everyone to stay away from the area directly beneath Bishop.



"I'd like to hike Dogtooth Peak again," says Bishop. "Just don't tell my wife."

Rippe shouted for one volunteer to come with him, then scrambled upward. Behind him, ambulance-company manager Russ Richardson—leader of the search-and-rescue volunteers—rocketed up a different route. Rippe's trajectory was more accurate, and within minutes, he was crouching on a ledge directly above Bishop. The hiker's leg was shaking with strain, and he was covered in scrapes and bruises.

"I'm here," Rippe said. "I've got you. You're safe."

That wasn't entirely true. First, Rippe had to move Bishop to the ledge where Rippe was perched, a task that put both men at risk of tumbling off the cliff. To lessen that possibility, Rippe improvised a sling, threading a length of webbing between Bishop's legs and looping it around a knob in the rock. Pinning the loose end with his knee, Rippe grabbed Bishop under the arms, hoped for the best, and pulled.

An instant later, they were sitting side by side. His throat so parched he could barely speak, Bishop croaked out thanks as profusely as he could.

"Have you been in that position all this time?" the deputy asked. Bishop tried to answer, but he'd used up the last of his strength.

A HELICOPTER FLEW Bishop to a Fresno hospital, where he was treated for abrasions and dehydration; he was discharged that evening. He spent the night with Childress and Newborn in a nearby motel. The next morning, his wife, Kal, drove four hours from Buellton to bring him home.

She did some lecturing, but she knew that the same determination that had helped lead her husband into danger had kept him clinging to the cliff. Bishop himself is thankful for many things—beginning with the searchers who found him as his clock was running out. He has learned a few lessons too: "Don't be so impulsive. Realize I have limits."

Deputy Rippe came away with a different kind of insight. This was the first time he'd found a missing hiker alive who was in a predicament like Bishop's. "Usually, by the time we get there, it's a body recovery," he explains. "This shows you to never give up hope. Anything is possible." ■

MEET YOUR COWORKER, NOTORIOUS B.O.R.E.

Ever wonder who your cubicle mate would be if he or she were a rapper? Meetingboy.com did, and here are some names they came up with.

- MC Paper Jam
- Toner Loc
- Busta Meetin'
- Ice Cube(icle)
- Water-Coolio
- Mos Dumb
- Ol' Dirty Backstabber
- Sir-Sick-A lot
- Lil Post-it
- Lay-Z

HOW TO Squeeze More OUT OF Everything

From the seemingly empty toothpaste tube to sympathy from your spouse, here's how to coax out a little extra

BY JOE KITA

SQUEEZE MORE TOOTHPASTE from the tube

According to tests by *Consumer Reports,* what seems like an empty tube may still hold up to 13 percent of its contents. To get to the rest, run the tube under hot water for a minute or two. It will soften, enabling you to roll it up tighter to get a few more brushfuls. Then use scissors to cut one side of the tube open lengthwise so you can rub your brush around inside. Or you can make the job even easier. Squeeze Ease Tube Squeezers ($3, containerstore.com) slide up the toothpaste tube and flatten it for you.

SQUEEZE MORE REPETITIONS out of a set

Instead of counting up to your goal, count *down* from it. According to fitness trainer Joe Vennare of thehybrid athlete.com, counting up while exercising reminds you of how many repetitions you've done (tiring!), while counting down emphasizes how few you have left (inspiring!). "If I'm doing 20 reps, I'll count down from ten

ILLUSTRATIONS BY JOE ZEFF DESIGN

and then down from ten again," says Vennare. The tip can be used for just about anything that involves counting, whether it's frosting 100 cupcakes or signing 100 letters.

SQUEEZE MORE

MONEY out of your boss

Psychologist Todd Thorsteinson, PhD, has found a way to trick supervisors into being more generous: joke about a big raise. The University of Idaho professor conducted a study with role-playing students in which he asked the "supervisors" to decide how much money to offer job candidates who were supposedly already earning $29,000 a year. The candidates who were said to have requested only slightly higher starting salaries or made no salary requests at all were offered about $32,000. But candidates who jokingly requested $100,000 were awarded more—about $36,000 on average. Even though the supervisor realized the request wasn't serious, it subconsciously affected the offer.

SQUEEZE MORE

ENTERTAINMENT out of a tight budget

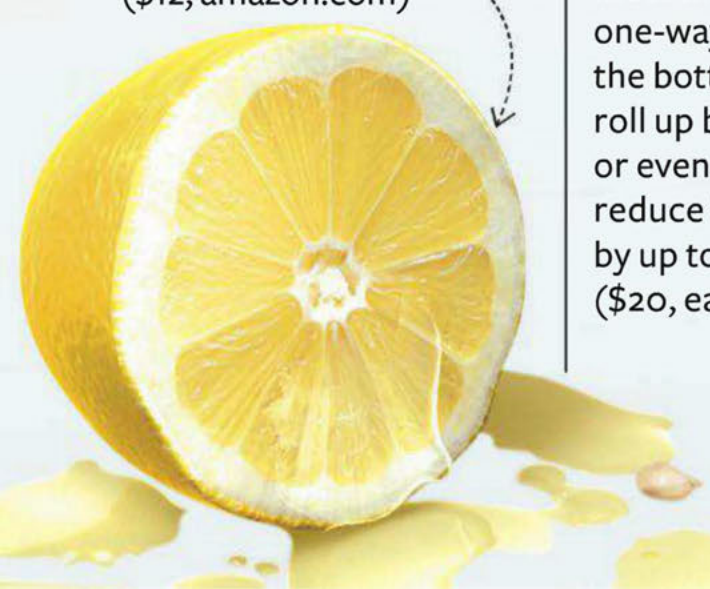
Who needs cable when there's openculture.com? This site, which was founded in 2006 by the director of Stanford's Continuing Studies Program, brings together "high-quality

Smart Squeeze Helpers

GET MORE

JUICE out of a lemon

The BergHOFF lemon squeezer has two arms that give you more leverage to wring out all the juice. ($12, amazon.com)



GET MORE

SPACE in your luggage

The Eagle Creek Pack-It Compression Sac Set is an ingenious polyethylene/nylon assortment of bags with one-way air valves at the bottom that let you roll up bulky clothes or even pillows and reduce their volume by up to 80 percent. ($20, eaglecreek.com)

GET MORE

BEAUTY PRODUCT from any package

Surveys have found that being able to get every last drop from a beauty product is one of the most important consumer concerns, yet packaging often leaves 3 to 25 percent of the contents behind. To the rescue: the Every Drop Beauty Spatula, a small, flexible tool that can scoop goop from any size lotion, lipstick, shampoo, or mascara bottle or tube. ($5, tryeverydrop.com)

cultural and educational media" for lifelong learners. It features about 500 movies, 375 e-books, 475 audio texts, and 575 online courses—all free.

SQUEEZE MORE RANGE out of home Wi-Fi

Turn your router into a shouter with these three no-cost tweaks from Aaron Weiss, Wi-Fi guru at bordella.com:

Set it free: If the router is in the basement, on the ground floor, or in a closet, it's imprisoned. Moving it to the top floor and to the center of the house will enable its signal to avoid more obstacles as it radiates downward.

Change the channel: Although routers can communicate over 11 channels, most choose No. 6 by default—which means everyone else in the neighborhood is on the same frequency, causing interference. Refer to your router instructions, and switch to No. 1 or 11.

Flip up the antenna: If your router has one, make sure it's vertical. "Many people have them down or at an odd angle," says Weiss. "It's a common mistake that really compromises range."

SQUEEZE MORE REFRESHMENT out of a nap

Dogs are champion nappers. Stanley Coren, PhD, who has studied sleep in humans and canines (and written a book called *Do Dogs Dream?*), says there's much you can learn from the way pooches sleep. The major thing is to lie flat when you nap. Being propped up—when trying to nap in a comfy chair—prevents you from slipping into the deepest, most restorative stages of sleep because you're on subconscious guard against falling over. Another lesson is to catnap (although dogs despise the term!). Instead of squeezing in one long nap, take two or three short ones; you'll wake up less groggy. Catnaps are particularly useful during stressful times when you're not getting enough rest at night.

SQUEEZE MORE COMPASSION out of an auditor

Auditors are human, and they have a lot of discretion over how they handle cases. Scott Estill, a former IRS tax attorney and the author of *Tax This!*, describes subtle ways to win them over:

Never show up late or miss a deadline: It's guaranteed to upset them. Book the last appointment before the weekend or an extended holiday, when auditors will be in a better mood. Or grab the last slot before lunch. "This may produce a shorter audit, especially if the auditor has another appointment at one," says Estill.

Dress conservatively: "Never give the impression that you're making more than your tax return shows," he notes. Also, call the auditor Mr. or Ms.—everybody enjoys respect.

Get 'em talking: Instead of instigating small talk yourself, wait for the auditor to create an opportunity for it. For instance, if he says "I see you made a donation to a college," follow up with "Yes. I like supporting my alma mater. Where did you go to school?" According to Estill, "The more an auditor likes you, the better the result in many cases."

SQUEEZE MORE SPIRITUALITY out of a prayer

For her book, *When God Talks Back,* Stanford psychological anthropologist Tanya Marie Luhrmann, PhD, studied evangelical church members claiming to have two-way conversations with God. They had three prayer techniques in common:

Imagination: When praying Psalm 23, for example, they not only saw the Lord as an actual shepherd but also felt themselves lying down in green pastures and being led beside still waters. They used their imaginations to make the scripture real.

Emotion: While immersed in the psalm, while walking through the valley of the shadow of death, they recalled losing someone they loved. Letting themselves reexperience that sorrow made the scripture personal.

Connection: Finally, they imagined God as their shepherd walking beside them through the valley and having an actual conversation. That's when they said he spoke to them.

SQUEEZE MORE COFFEE out of a K-Cup

They're convenient, but if you drink a lot of joe, they can grind through

SQUEEZE MORE COMMUNICATION out of a spouse

Researchers David Matsumoto, PhD, and Mark Frank, PhD, contend that facial expressions are a "window into the soul." In fact, the two psychologists teach FBI investigators to read faces and say the skill can benefit married folk too.

THE EXPRESSION	WHAT IT MEANS	HOW TO REACT
One lip corner tightened/pulled back	Contempt; the most toxic emotion in a relationship	Ask what's really eating at her
Lowered eyebrows without any glaring	Concentration	You have his attention, so make every word count
Both lips narrowed/ curled in	Anger is simmering	Remain calm so things don't escalate
Inner corners of eyebrows pulled up	Sadness	Give her a hug
Wrinkled nose	Disgust; almost as bad as contempt	Promise to try a new meat loaf recipe next time!

a lot of dough. To squeeze 30 to 50 percent more coffee from each little cup, kcupbarista.com recommends buying a bold or extra-bold flavor and brewing one large cup into an extra-large mug. Then open and close the machine's lid to reset it and, without removing the original K-Cup or your mug, brew another by pressing the machine's "small-cup" setting. As your mug tops off, quickly and carefully slide another cup into place to catch the rest. The coffee that initially comes out during this second brew will still be pretty good. The more-dilute stuff caught in the second cup can be discarded or used as a mild coffee flavoring for baking.

SQUEEZE MORE LIFE out of a dying cell phone battery

As the editor of *Climbing* magazine, Shannon Davis spends 70-plus days a year in "nowhere zones." His mobile phone is his lifeline. When the battery runs low, here's what he says to do:

Switch to Airplane Mode: Sliding it on conserves significant power while still keeping essential apps ("like the flashlight") available. "This allowed me to go four days on one charge while climbing Mount Rainier," Davis says. Keep in mind, though, that doing so disconnects cellular service and probably GPS too.

Schedule your calls: Instead of wasting power by repeatedly trying to reach someone, leave a voice mail and/or send a text message telling her to contact you "on the hour." Then simply turn your phone on and switch off Airplane Mode for a few minutes every hour until you connect.

Keep it warm: Davis has noticed that cold batteries drain faster. So he keeps his phone in the interior breast pocket of his down jacket. There's less chance of losing it there too.

SQUEEZE MORE CLOTHES into a closet

The key is a technique called double hanging. Remove the rod that's currently in your closet. It's typically installed about 60 inches from the floor. Reinstall it at 84 inches. Then attach a second rod at 42 inches. Pants and skirts go on top; shirts and blouses, down below. Special skinny hangers (try Huggable Hangers from the Container Store) can further increase your closet's capacity. And with all the extra space in your closet, and all the money you've saved with the rest of these tips, it's time for a trip to the mall! ■

FASHION VICTIM

When a shoplifter was nabbed stealing jewelry from a Walmart in Houghton Lake, Michigan, she offered this excuse: "I never steal anything, but I have court tomorrow and wanted to look good for the judge."

Houghton Lake Resorter (Michigan); submitted by *Paula Fuller,* Prudenville, Michigan

FACT vs. FILM

Some Hollywood movies fudge the facts, while others elevate truth to an art form

BY MAX GLASKIN

Sound and vision. The TV set broke down early on. But Iranian TV wasn't up to much anyway, so housemates listened to English-language broadcasts on a shortwave radio. **FILM**

Spitting image. As director, Affleck didn't cast stars to play the secret six but went for look-alikes. He did well. Actor Scoot McNairy, with help from makeup, is the double of Joe Stafford in 1979. **FACT**

By the script. The fugitives weren't handed several sheets of details about their aliases, only one piece of paper each—just enough to learn quickly. In real life, Mendez also gave them the choice to be oil executives, teachers, or a film crew. They discussed the options and voted for the movie caper. **FILM**

IRAN, THEN IFLEW

Can CIA agent Tony Mendez, played by Ben Affleck, extract six American diplomatic fugitives from 1979 revolutionary Iran? Perhaps—if they pretend to be a Canadian film crew scouting locations for a movie, a *Star Wars* knockoff, in ARGO.

Missing link. Agent Mendez had a colleague with him throughout the exfiltration op, a quiet understudy known only as Julio. He's not portrayed in the movie; Affleck does it all on his own. **FILM**

Fictitious items. *Argo* shows the fugitives living in the Canadian ambassador's home. They actually stayed in an empty house in the same compound. It had furniture but no ornaments or pictures. **FILM**

Beginning and end. The film has British and New Zealand embassies turning the six away—they didn't. As for Iranian airport guards chasing the plane down the runway at the end? Says Mendez: Their real-life exit went as "smooth as silk." **FILM**

Smoke and mirrors. Not only was Mark Lijek, played by Christopher Denham, a smoker in real life, he was also very shortsighted. He couldn't read the sheets if his glasses were hooked in his shirt. **FILM**

CLAIRE FOLGER/COURTESY WARNER BROS. PICTURES/EVERETT COLLECTION

VERDICT: Details may be wrong, but the movie is powerful because it looks absolutely right and is based on more than a grain of truth. "It's a good story in real life, and that's why the film is good," says Mark Lijek, one of the six rescued fugitives.

SCENE STEALERS Of all the gin joints in all the towns in all the world in 1987, Julianne Hough had to walk into the one owned by Alec Baldwin on Sunset Strip. He's tough, but she does her best to convince him to hire her boyfriend's band before the doors open for another night of revelry in **ROCK OF AGES.**

Head first. The oh-so-cool club manager appears to have gone to the same salon as hair metal rocker Nikki Sixx of Mötley Crüe. **FACT**

Bad-hair day. The Runaways and Suzi Quatro had hair just like this—but seven years earlier than the film's era. If Julianne Hough really wants to be a star in the late '80s, she should get it coiffed to stick out in all directions like Joan Jett's. **FILM**

No sweat. These toweling wristbands would certainly attract a lot of second looks—for the wrong reasons. They were popular on the world's top tennis players from the 1970s and are back again as retro-chic, but they were no-nos in 1987 clubland. **FILM**

VERDICT: This scene in the fictional Bourbon could have been shot at any one of the famous Hollywood clubs: the Whisky A Go Go, the Roxy, or the Rainbow Bar & Grill. "Hollywood was the first and last bastion of glam metal," says Joel McIver, author of 21 books on rock music. The film's few small aberrations might be due to memories impaired by the rock 'n' roll lifestyle.

DAVID JAMES/COURTESY WARNER BROS. PICTURES/EVERETT COLLECTION

The Voice. Wannabe rock star Drew Boley (Diego Boneta) has an unglamorous job in the club, but that's a well-tested route to success. Kris Kristofferson was once a janitor, and Eminem was a short-order cook. **FACT**

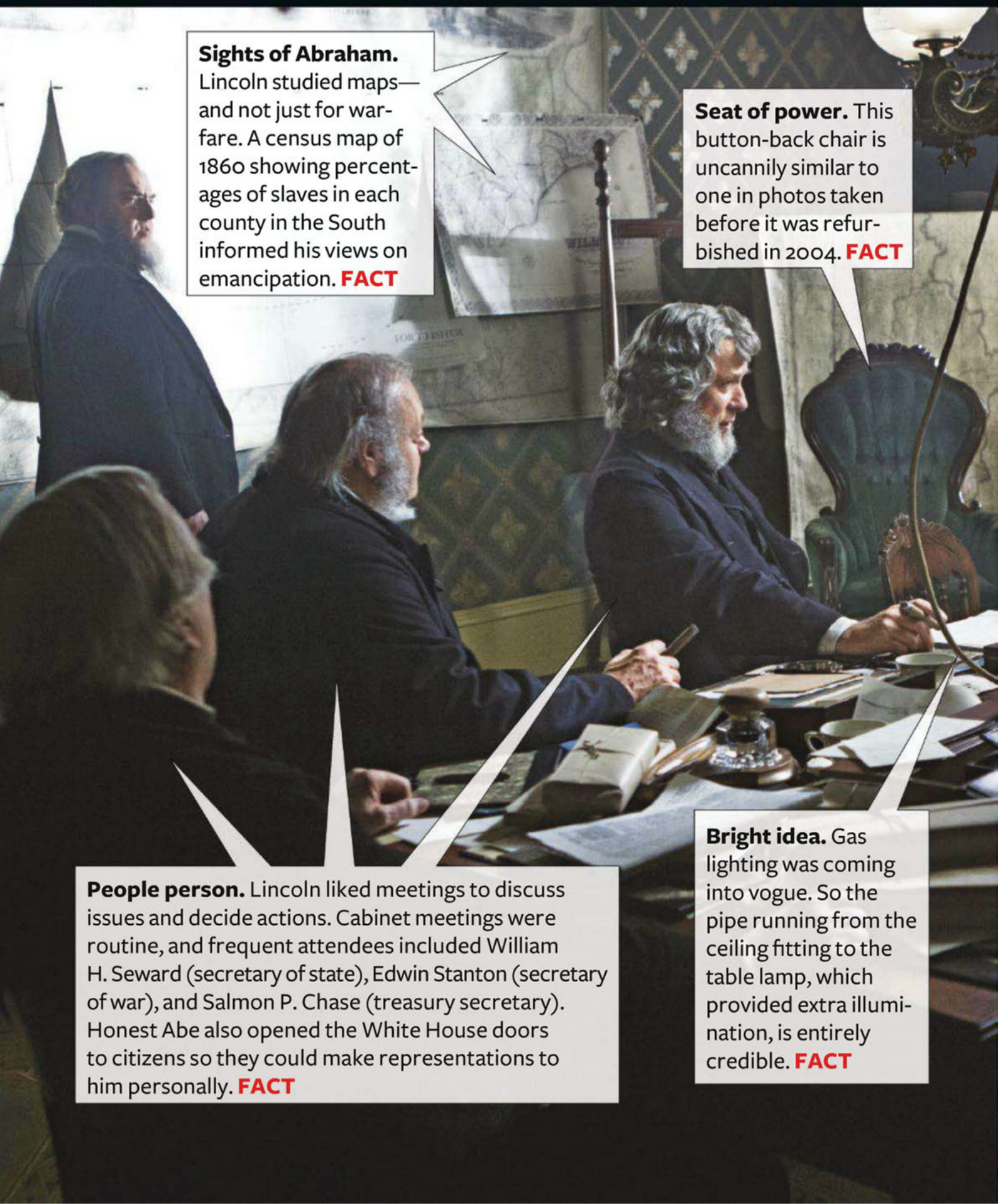
Dressing down. Club owners were famously wealthier than their patrons, but this leopard-skin print shirt is just plain cheap. **FILM**

Cover up? The off-the-shoulder look took hold in 1983, when Jennifer Beals's steel-welding exotic dancer in *Flashdance* set the trend for the rest of the '80s. **FACT**

Hands on. Big jewelry and an occasional tattoo are decorative warnings not to mess with the man. **FACT**

Good call. It looks huge and clunky by today's standards, but this 2565 series landline phone is a dead ringer for those used before cell phones set the world free. The fat cord shows it is part of a multiline network. **FACT**

AN UNCIVIL WAR Steven Spielberg cast a London-born actor who lives in Ireland to play the 16th president of the United States. Some wondered whether Daniel Day-Lewis would portray the leader accurately in **LINCOLN**, but historical evidence shows that the authenticity of the sets is unimpeachable.



Sights of Abraham. Lincoln studied maps—and not just for warfare. A census map of 1860 showing percentages of slaves in each county in the South informed his views on emancipation. **FACT**

Seat of power. This button-back chair is uncannily similar to one in photos taken before it was refurbished in 2004. **FACT**

People person. Lincoln liked meetings to discuss issues and decide actions. Cabinet meetings were routine, and frequent attendees included William H. Seward (secretary of state), Edwin Stanton (secretary of war), and Salmon P. Chase (treasury secretary). Honest Abe also opened the White House doors to citizens so they could make representations to him personally. **FACT**

Bright idea. Gas lighting was coming into vogue. So the pipe running from the ceiling fitting to the table lamp, which provided extra illumination, is entirely credible. **FACT**

Picture quiz. The actual Cabinet room was hung with two pictures—portraits of Lincoln's predecessor, Andrew Jackson, and British antislavery leader John Bright. This distinctive engraving resembles neither. **FILM**

Home decor. Photographs of the president at work taken 18 months before the meeting portrayed here show wallpaper with an identical pattern. **FACT**

Lincoln on high. According to accounts, the president's high tenor voice was a blend of Indiana and Kentucky accents, much like the thin, reedy voice Day-Lewis used in the film. **FACT**

Table manners. The original Cabinet table vanished many decades ago. This creation is 50 percent longer than the one pictured in Francis Bicknell Carpenter's 1864 painting *First Reading of the Emancipation Proclamation of President Lincoln*. **FILM**

DAVID JAMES/COURTESY TWENTIETH CENTURY FOX AND DREAMWORKS PICTURES

VERDICT: Abe's dark, gloomy, workaday office (which is now the Lincoln bedroom, though it's doubtful he ever slept there) was spot-on and not overly dramatized. The thought-provoking film is also "unobjectionably perfect," says Harold Holzer, author of *Lincoln: How Abraham Lincoln Ended Slavery in America, A Companion Book for Young Readers to the Steven Spielberg Film Lincoln.* ■

What My Sister Taught Me

BY MONICA WOOD
FROM *O, the Oprah Magazine*

IN THE BEGINNING, SHE WAS MY BIG SISTER: three years older, a head taller, and—I knew even then—not like the rest of us. As I grew up, she became my little sister, whom I protected from mean boys and the word *retard*. She became literally littler too: Today the fluffy top of her head barely grazes my shoulder, and I'm no giant myself.

When people ask about Betty's "mental age," I never know what to say. We're in our 50s now, shaped by the slings and arrows of fortune both outrageous and ordinary. The gap in our physical age broadens as her teeth loosen and her bones crumble; but the intellectual chasm that divides us, once so obvious and immutable, widens and narrows in startling ways. Betty can't write a grocery list or read a thermometer, but she can take the temperature of a room better than

PHOTOGRAPHS BY ROB HOWARD

"I love Betty with a protective, blood-rushing ferocity," says Monica.

anyone I know. She can't reliably feed a cat or lock a door, but if you tell her a secret, she'll keep it for a hundred years.

Betty calls her best friend, Laura, by her full name, a vaguely Victorian quirk that Laura mimics, because in certain tight circles, Betty is the last word on etiquette and all else. Weekdays at 3:00 sharp, the phone rings.

"Hi, Betty Wood."

"Hi, Laura Ellis."

"What did you have for snack, Betty Wood?"

"Twinkie, Laura Ellis. You?"

"Twinkie, Betty Wood."

This is the After-Work Call, following their shift at a workshop they refer to as "the shop." They've been at it for 30 years, pleasant hours sanding blocks, potting seedlings, or sorting secondhand clothes. Side by side they work, Laura with her telltale Down syndrome silhouette: soft as a snow-muffled shrub, her round tongue resting on her lower lip like a winter berry. Betty, by contrast, is composed of points and angles, like a bird in a children's book: You could draw a decent likeness in a few sharp strokes. They chat and jabber from first bell to last, because the shop, like any workplace, teems with intrigue. Stolen boyfriends, hoarded candy, shifting alliances and dibs on lunch seats, the occasional dustup or medical crisis, the full operatic range of human striving.

Betty is the watcher, her pale eyes seeming to take in every contingency at once. If there's peace to be made, she will make it. If not, she's quick to step out of the way. "I'm a good lady," she tells whoever will listen, and I doubt that anyone to date has disagreed.

Because Betty thrives on routine, her week recycles the same highlight reel. Saturday-morning infomercials, Tuesday lunch out, Thursday paycheck ($3); but the jewel in the crown is Friday night, when she beelines to Laura's house to laugh it up with

"I think of her as my little sister," says Monica, left, with Betty in 1956.

Betty, predictable as the moon, can still muster the power to astonish us.

Ron, Laura's adored and adorable old father. Because we lost our parents young, and then our beloved aunt and uncle, Betty has perfected the art of choosing surrogates. Ron—whom Betty calls Fella—makes their weekly lemon pie, a sacrosanct step-by-step that Betty hawkishly supervises, setting out utensils that her pushover host allows her to store according to her own unknowable logic. In a whip-quick sleight of hand, she plucks a measuring cup from a toy chest, and there ensues a great cloud of flour and much pan rattling and conventional disaster—the dog gulps up half the filling on a good day, all of it on a great one—but somehow a pie results, a foamy treasure they can crow over.

Then Ron falls ill, and the trappings of pie making give way to the trappings of something else. Pill bottles lining the counter. Apron strings wrapped twice around his ebbing waist. And finally no more pie, instead a hospital bed hogging the parlor, a sobering meringue of fluffed pillows and daisy-yellow sheets.

"Does she get it?" people ask. Which leaves me speechless.

Betty gets hospital bed. She gets soup by the thimbleful. She gets syringe in the fridge. She can spot, sooner than most, the signposts on that one-way road.

And she walks that road without fear. If you're lying on your deathbed, Betty's your gal. She won't shrink from the changed strange fact of you, from the rasp of your vanishing voice, from your ashy skin, your cracked fingernails, your morphine-addled visions. She will fail to register the blades of your cheekbones, the sweaty mess of your hair. She will see only you, the you beneath. She will place her sweet bird face into the filmy path of your breath and call you honey.

She did this with our mother. With our uncle. With our aunt. And now with Ron, who, despite Betty's tender ministrations, dies anyway.

Afterward, we go to Laura's house, where the bed remains, empty and terrifying. "Can I get in it?" Betty asks. My other sisters and I exchange glances. Betty, predictable as the moon, can still muster the power to astonish us. Awestruck, we watch her climb over the metal sides of her surrogate father's bed and lie down where he lay, folding her skeletal hands one over the other. She stares at the ceiling. No one speaks. Eventually, she sits up, gets out, smooths the sheets, says nothing.

We do not ask. Whatever she has done, in our full view, is clearly private. Between her and Ron, perhaps. Or between her and God.

There it is again—that glimpse of the "normal" life Betty might have lived.

At times like this, I find in Betty's eyes a flame of wisdom, a burning intelligence, a flickering glimpse of a parallel self. She seems older in these moments, not just older than me, but older than everyone, older than her own mortal self. *Divinity* is the word that comes, even to this weak believer; then it's gone, and she's Betty again.

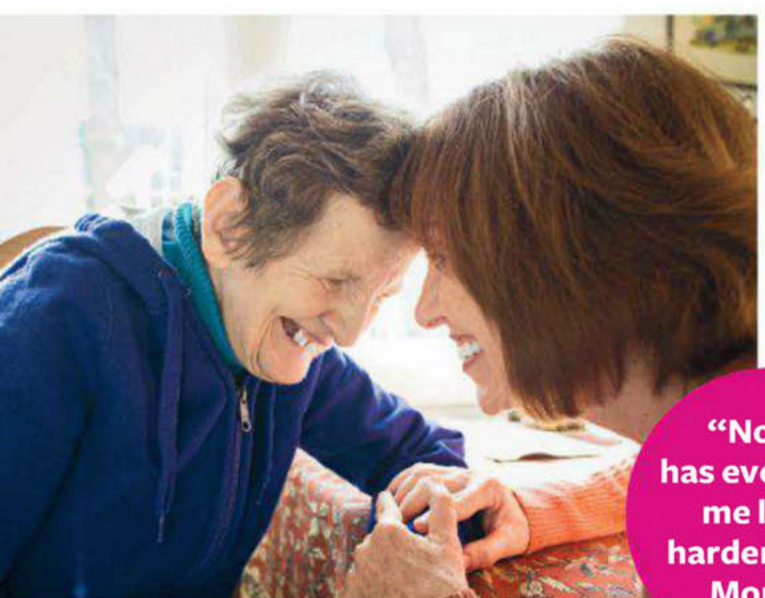
She and Laura share their grief in the only way available to them, to any of us: Keep going.

They resume their After-Work Call, and also the 6:26, the Weather Report Call.

"What did the weatherman say, Betty Wood?" asks Laura, who has just watched exactly the same report on the same channel.

"Rain."

"Oh, no."



"No one has ever made me laugh harder," says Monica.

"Rain, Laura Ellis."

So it goes, until one day Laura arrives at the shop forgetting things, the first sign of a dementia that often afflicts Down syndrome souls lucky enough to make it to 50. For Betty, a familiar rerun commences: appointments, pills, time measured out in "bad" days or "good."

On one of the last good days, the ladies and I take a sunny walk to a wooded path. It's still and fragrant here, the trees looming in silence, but the gals are loud talkers. Birds shy off from branches, unseen creatures flee into the brush. Suddenly Laura remembers her most reliable joke:

"Betty Wood lives in the woods."

I chuckle politely. They howl.

"Betty Wood lives in the woods. Betty Wood lives in the woods. Betty Wood lives in the woods."

After a few minutes of this, even Betty—who will eagerly rewind a steak knife commercial 50 times—finds it tiresome. They tease each other a lot, these dear friends, but today Laura's "off" button is on the blink.

"Betty Wood lives in the woods."

I slip Betty some ammunition.

"Guess what."

They stop. Turn to me in unison. "What?"

"Laura Ellis lives in a trellis."

The ladies find me incan-

descently hilarious in any case, but this—this brilliant riposte—oh, this takes the whole cake. They throw back their heads, hee-hawing like horses till they have to stop, take in some wheezing breaths, hang on to their quaking knees.

The rest of the walk—why did I not see this coming?—consists of a mind-numbing call and response:

"Laura Ellis lives in a trellis!"

"Betty Wood lives in the woods!"

In a few weeks' time, Laura Ellis lives not in a trellis but in a hospital bed moved back into the Ellis parlor. Betty is one of the last people Laura still knows. They hold hands. Do the woods-and-trellis joke. Say goodbye.

Late that night, before Laura slips all the way under, she tells her mother, "Daddy's coming to get me. Can I go?"

"Yes," her mother says. "You can go."

"You won't cry?"

"I'll cry, but it's all right for you to go."

"It's going to be hard on the kids."

Her mother pauses, confused. "What kids?"

"Betty Wood."

She's right. It's hard on Betty Wood. Her grief is deep and old and full of memory. We make a tiny trellis out of sticks to hang on the Christmas tree. Ten times a day, Betty checks to make sure it's still there. We walk through the layering snow, her bony, mittened hand in mine. I say to her quietly, "Betty Wood lives in the woods."

She stops, shakes her bird-fluff head, looks into the unseeable distance, her smile wistful, and there it is again—that glimpse of her what-if life, the brilliant "normal" life she might have lived.

But what of this life? What do I think I'm seeing, at these moments, that doesn't already exist? This is Betty: here, now, her eyes filled with sympathy and understanding. And yes, a kind of brilliance. The intellectual chasm between us divides, and I'm on the wrong side. From here, she looks like the kindly, durable person she has always been: the big sister shoring up in sorrow, charging ahead to the unknown and unknowable, showing her little sister how it's done.

Monica Wood is the author of five books. She lives with her husband in Portland, Maine. Betty lives in Rumford, Maine, with her older sister, Anne.

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THAT'S TO GO

Stanley Bing—humorist, business writer, gourmand—decries the vanishing business lunch hour: "There have been attacks on our time and peace of mind before, but none quite so dire. In the beginning, faxes destroyed our right to think about things overnight. Then e-mail pulverized our right to silence when we have nothing to say. More recently smart phones have vaporized our right to be nowhere. Now this? Nay, I say!" From *Fortune*

What My Son Taught Me

BY BUZZ BISSINGER

FROM THE BOOK *Father's Day*

MY SON ZACH WAS BORN WITH brain damage that occurred during his birth. His brother Gerry—older by three minutes—is fine. Zach is now 24, but his comprehension skills are roughly that of an eight- or nine-year-old. He can read, but he doesn't understand many of the sentences. He can't add a hundred plus a hundred, although he does know the result is "a lot." I took him to see the movie *Spartacus* when he was nine, and after a blood-flowing scene at a Roman villa where Kirk Douglas single-handedly killed two million buffed-up soldiers with a plastic knife, he turned to me and said, "Look, Dad! A pool!" He has always loved pools.

As Zach grew out of childhood, I never knew how much he would understand. While his vocabulary expanded rapidly, his knowledge of what words meant did

PHOTOGRAPHS BY ROB HOWARD

"As much as I try to engage Zach, I also run from this challenge," says Bissinger.

not keep pace. When I tried to explain something abstract, I could sense him sifting through his hard drive with its millions of data points. But the hard drive did not help him with concepts like preventive health measures or racism. He knew who the president was but not Osama bin Laden. He knew something terrible had happened on 9/11, but when the anniversary came, he called to wish me a "happy 9/11!"

Instead, our relationship had been largely predicated on games. He loved goofy hypotheticals: What would happen if he did something I told him he could not do. When I kissed him good night, he invariably asked me if there was a certain word or name he could not say after I turned out the lights.

"What can't I say?"

"You can't say *Rick Lyman*."

"What happens if I say *Rick Lyman*?"

"I will have to come back upstairs."

Dressed in his usual T-shirt and gym shorts, anticipating the tickling war we referred to as cuddies, he began to giggle. I walked down the stairs and waited at the second-floor landing. He was plotting strategy.

"RICK!" he screamed. (I did nothing.)

"RICK LY!!!!" (I did nothing.)

"RICK LYMAN!!!!!!!!!!!"

I ran back upstairs and banged open the door. It was on. I threw pillows at him. He threw pillows at me. I got ahold of him and tickled. He kicked me in the head. I chased him around the room, became exhausted, and had to stop. He seemed exhausted as well. I rolled the top sheet over him, kissed him good night, and went back downstairs. From above I could hear a pulsating drum getting louder and louder.

"Rick Lyman ... RICK LYMAN! ... RICK LYMAN!!!"

He could have gone on forever. At any time. At any age. But when he turned 21, after nearly 15 straight

Twins Zach, right, and Gerry, age four, with their dad in 1987

It is strange to love someone so much who is still so fundamentally mysterious.

years of doing it, I decided it had to stop. I was ambivalent about giving it up, but I could not stand it anymore. It only reaffirmed our frozenness.

"Zach, you're 21 now. Not six. This is what six-year-olds do. I can't do it anymore."

"Sorry, Dad."

"There is nothing to be sorry about. You're just too old. You're 21. What happens when you are 21?"

"You're not supposed to do things like that anymore."

"That's right. Do you understand why?"

"I'm 21; I'm kinda too old for this now."

I closed the door to his room.

I stood right outside, then burst back in. "Just don't say *good night*."

It was on again. I knew it was one of the things he loved about being with me. I was scared of losing it.

It is strange to love someone so much who is still so fundamentally mysterious. *Strange* is a lousy word. It is the most terrible pain of my life. As much as I try to engage Zach, I also run from this challenge. I run out of guilt. I run because he was robbed, and I feel I was robbed. I run because of my shame.

But whatever happens with Zach, I know I cannot think in terms of my best interests, even if I think they are also in his best interests. Zach will be where and who he will be. Because he needs to be. Because he wants to be. Because as famed physician Oliver Sacks said, all children, whatever the impairment, are propelled by the need to make themselves whole. They may not get there, and they may need massive guidance, but they must forever try. ■

Buzz Bissinger is an author and a journalist. Zach lives with his father in Philadelphia and his mother in New Jersey.

FATHER'S DAY: A JOURNEY INTO THE MIND AND HEART OF MY EXTRAORDINARY SON, BY BUZZ BISSINGER, COPYRIGHT © 2012 BY H. G. BISSINGER, IS PUBLISHED AT $26 BY HOUGHTON MIFFLIN HARCOURT PUBLISHING CO., HMHBOOKS.COM.

A VICTIMLESS CRIME

When my ten-year-old came home, I could tell something wasn't right.

"What's wrong?" I asked.

He sighed, "There's this kid who's trying to bully me."

"Trying?"

"Well, he's not very good at it."

Valerie Beverly, Tipp City, Ohio

WINNING THE WAR ON CANCER— TWICE

Robin Roberts's brave announcement about having bone marrow cancer illuminated a little-known fact: The lifesaving treatments that fight cancer often cause a second bout in survivors. What doctors and their patients should be talking about.

BY SUSAN INCE

Just two weeks after completing the New York City marathon, Nebraska teacher and track coach Andrea Kabourek, 32, learned she had breast cancer. Irreverent, tough, and optimistic, she sailed through her double mastectomy and chemotherapy, missing only six days of teaching while she received eight rounds of powerful, cancer-killing drugs.

The chemotherapy was successful, and Kabourek thought she had beaten cancer. She went back to her two loves: teaching and travel. But just about

PHOTOGRAPHS BY JAMIE CHUNG

a year later, in 2011, Kabourek found herself winded after running halfway around the track and then walking up a single flight of stairs. This time, she was diagnosed with leukemia, which most likely developed as a "side effect" of her original chemotherapy treatment. "It's like the small print on the back of the bottle," says Kabourek, who was stunned by the development.

After more chemotherapy and a bone marrow transplant, Kabourek is back at Lincoln East High School. But she's disturbed that some of the same drugs that led to her leukemia were deployed again to destroy her bone marrow's abnormal (along with normal) cells before her transplant.

Robin Roberts

Kathy Bates

Sharon Osbourne

Kabourek joined the growing ranks of cancer survivors who are confronting second, new malignancies—not a recurrence or spread of their original disease. Sometimes, as with Kabourek, the new cancer is an aftereffect of powerful radiation or chemotherapy treatments. Other times, genetic or familial risks play a role. And sometimes, lifestyle—diet or exposure to toxins—is to blame. The numbers are surging: An astonishing one in six people with a new cancer diagnosis had previously been diagnosed with a different cancer. "If you lump together all second cancers, it's a very common diagnosis," says Marie Wood, MD, professor of medicine at the University of Vermont College of Medicine. Only initial breast, prostate, and lung cancers affect more people.

Second cancers entered the breakfast-table consciousness of millions last June, when *Good Morning America* anchor Robin Roberts, a breast cancer survivor, revealed that she now has a form of bone marrow cancer called myelodysplastic syndrome (MDS). As with about one in five MDS patients, previous chemotherapy and/or radiation likely caused Roberts's new life-threatening condition (she'd received both types of cancer treatment five years earlier). Roberts is currently recovering after receiving a bone marrow transplant from her sister.

In September, Kathy Bates revealed she had completed breast cancer treatment, nine years after first being treated for ovarian cancer. And Sharon Osbourne, a colon cancer survivor, announced last fall that after testing positive for a breast cancer gene, she had undergone prophylactic mastectomy to avoid developing a new cancer.

Second cancers may be an unavoidable risk of lifesaving cancer treatment. But there are ways for people to minimize that risk. Here's what doctors should be telling their cancer patients ... and what all of us should know about the new front in the war against cancer.

FROM TOP: IDA MAE ASTUTE/GETTY IMAGES. STEVE GRANITZ/GETTY IMAGES. MARCO DEL GRANDE/GETTY IMAGES

"You need to know that many chemotherapy drugs **ARE THEMSELVES CANCER-CAUSING AGENTS."**

The chemo that's eliminating a first cancer may cause another later; while targeting the DNA of cancer cells, the drugs also affect normal cells. Among the cells affected are the stem cells in bone marrow that go on to create red and white blood cells, making leukemia—blood cancer—a later risk.

According to the American Cancer Society, several types of chemotherapy have been linked to leukemia, usually two to ten years after initial treatment. Last December, Johns Hopkins researchers reported that about one in every 200 women—one half of one percent—receiving chemo for breast cancer develops leukemia within ten years. It's a relatively small number, but it's five times higher than women treated with surgery alone.

What you can do: Make sure the benefit of the chemotherapy you receive is worth the risk. Various genetic tests are helping doctors tailor treatments for individual patients. These tests aim to maximize the chance of a cure and avoid toxicity—including the risk of second cancers—whenever possible by treating only those most likely to benefit.

Sharon Hayden, 62, of Niuli'i, Hawaii, was able to avoid chemotherapy this way. When she developed stage 2 breast cancer in 2012, she was offered a test of gene activity in the tumor. The analysis revealed she had a low risk of recurrence and would receive little added benefit from chemo.

The test Hayden benefited from, called Oncotype DX, became available in 2004; since then, about 300,000 women have had their tumors analyzed. "In about 37 percent of the women, the results changed decisions about treatment, and there has been about a 20 percent decrease in the use of chemotherapy, usually in favor of hormonal treatment alone," says Steven Shak, MD, chief medical officer at Genomic Health. The company has a similar test available for colon cancer, and tests for prostate, lung, and kidney cancers are in the works.

"Even targeted radiation treatment **CAN LEAD TO SECOND CANCER** decades later."

For many cancer patients, radiation treatment controls tumor growth, decreases recurrences, and improves survival. Like chemotherapy, though, radiation itself is a cancer risk. As patients live longer after treatment, the possibility of a radiation-induced tumor rises.

At the National Cancer Institute (NCI), researcher Amy Berrington de Gonzalez, PhD, recently analyzed what happened to adult patients in the decade after they reached the five-year survival mark for 15 different types of radiation-treated cancers: About 8 percent of the second cancers that

occurred were related to the initial radiation. In absolute numbers, that translates to five extra cancers for every 1,000 patients treated.

While the overall rate was fairly low, greater second-cancer risks were found among those who received higher doses of radiation and those who were younger at initial treatment. Testicular and cervical cancer patients, who tend to be young adults, had higher rates of second cancers attributed to their radiation treatment than prostate and endometrial cancer patients, who tend to be older when treated.

What you can do: Ask your radiologist if she's doing everything possible to shield your healthy tissue; the more targeted the treatment, the better. Hayden, for example, was treated for her breast cancer in a face-down position with her breast hanging through a special opening, keeping vital organs out of harm's way. Protective measures are also available for prostate cancer by using 3-D imaging to map the prostate's location and minimize radiation to surrounding organs.

"Your daughter will always **HAVE TO BE CLOSELY MONITORED.**"

Twenty years ago, when she was 15, Ruth Rechis, PhD, was diagnosed with Hodgkin's lymphoma and received that era's state-of-the-art chemotherapy and radiation at St. Jude Children's Research Hospital in Memphis. Called mantle field therapy, the treatment exposed a wide area of her neck and chest to radiation. Now 35, Rechis and others like her find themselves at far higher risk of early breast cancer—up to 30 percent by age 50, compared with 4 percent in other women—as well as heart damage and other radiation aftereffects. "It can be a burden to keep explaining why I need a mammogram and an EKG that other women my age don't," says Rechis, director of research at the Livestrong Foundation.

When cancer occurs in children and teens, they face a lifetime risk of a second malignancy more than five times greater than their peers who had cancer-free childhoods. Part of the reason is simply time; once cured, childhood survivors have many more years to develop a second cancer than someone first diagnosed at age 50 or 60. But cancer treatment is also harsher on children's developing bodies. Aggressive chemotherapy and radiation can damage growing tissues, so childhood survivors need special monitoring throughout their lives.

What you can do: Make sure your child gets a postcancer treatment plan, and share it with all her physicians. If you're a childhood cancer survivor yourself, make sure you're up-to-date on all recommended

PROP STYLIST: LAURIE RAAB FOR APOSTROPHE

screenings. "If you were treated at a young age and aren't sure of your risks, ask your doctor for recommendations, and find out whether you can do anything to prevent a second cancer or have it diagnosed earlier," says Elizabeth Ward, PhD, vice president for intramural research at the American Cancer Society.

If you don't know the details of your treatment history, contact the hospital where you were initially treated. Or seek help from one of the NCI-designated centers (cancercenters.cancer.gov) with survivorship programs. Download a guide (written for health professionals but available to the public) created by the Children's Oncology Group at survivorshipguidelines.org.

"The lifestyle factors that contributed to your first cancer **CAN RAISE YOUR RISK OF A SECOND.**"

"There is a strong connection between many lifestyle factors and the development of primary cancer," says Jennifer Ligibel, MD, assistant professor of medicine at Harvard Medical School and senior physician at the Dana Farber Cancer Institute in Boston. But changing these habits isn't always easy.

The leading culprit: tobacco. A smoker who has survived lung cancer, for example, is at a fivefold higher risk of developing laryngeal cancer. Other exposures that may increase second-cancer risk: heavy alcohol use (especially in smokers) and certain hormones, chemicals, and infections.

What you can do: You can't change your genetics or your medical history, but you can control health habits—diet, exercise, smoking, and alcohol consumption. We name top risk-reducers in the sidebar on page 156.

"Consider **GENETIC TESTING.**"

Some inherited genetic mutations increase cancer risk by inhibiting the ability of other genes—cancer-protective ones—to do their jobs. These mutations, dubbed cancer genes, can dramatically raise the risk of first and subsequent cancers. The most common cancers with a genetic component include breast, ovarian, prostate, and colon cancers.

In recent years, doctors have tested people suspected of having cancer genes so they could take steps to avoid future malignancies or detect them at their earliest, most treatable stages. Sharon Osbourne was tested before she opted for a prophylactic double mastectomy.

Andrea Kabourek, the track coach, was young when she was diagnosed with breast cancer. Her grandmother had died of ovarian cancer. Based on those facts, she was tested for a common genetic mutation associated with both cancers, called BRCA1, and was found positive. She plans to have her ovaries removed after age 35, which will drastically reduce her risk.

What you can do: If you developed a cancer at an age considered young

for developing it, or if you have a strong family history of certain cancers, talk to a genetic counselor. She can help you decide whether you should have one of the dozens of cancer genetic tests now available and help you interpret the results. The tests help determine what cancers you are at increased risk for, but they can't determine with certainty whether you'll develop any cancer.

Physicians also need to know your family history of cancer to monitor you appropriately. "Say you had breast cancer at 40, and your dad had colon cancer. That might be enough of a concern to start your colon cancer screening earlier than the standard guidelines," says Dr. Wood.

"Try not to focus only on the cancer you've already had. **YOU'RE GOING TO NEED TO GET TESTED** for other cancers too."

First-cancer survivors may not realize they are at higher risk for some seemingly unrelated cancers. For example, in October, the Mayo Clinic reported that non-Hodgkin's lymphoma survivors have around a 2.5 times greater risk of melanoma than other people. The earlier cancer in the bone marrow crowds out the forming immune system cells, creating the higher second-cancer risk, explains Jerry Brewer, MD, associate

Prevent First *and* Second Cancers

- **QUIT SMOKING.** Smoking dramatically raises the risk for 15 different cancers and interferes with your immune system's ability to fight off malignant cells. Contact your state's quit line (1-800-QUITNOW), or ask your physician or local American Cancer Society office about programs for survivors.

- **GET MOVING.** There's strong evidence that physical activity lessens the risk of many cancers. American College of Sports Medicine guidelines strongly recommend that cancer survivors avoid inactivity (even during tough treatments) and, to the extent they are able, work up to 150 minutes of moderate exercise a week.

- **SHED EXCESS POUNDS.** Obesity increases breast, colorectal, endometrial, esophageal, kidney, and pancreatic cancer risk. Excess weight may contribute to cancer risk by altering levels of hormones and weakening the immune system.

- **CUT BACK ON COCKTAILS.** A little alcohol can be good for your heart, but too much is a major cause of liver cancer and also raises the risk of malignancies of the mouth, throat, esophagus, and colon. Women who have survived breast cancer in one breast and consume more than seven alcoholic beverages a week are more likely to develop a primary breast cancer in the other breast.

professor of dermatology at the Mayo Clinic in Rochester, Minnesota.

With age, the risk of developing many cancers rises, whether or not you've been diagnosed before. Unfortunately, many cancer survivors are not as vigilant as they should be about screenings. Surprisingly, their oncologists may not be urging the right tests either. "Health-care professionals can get so focused on the one cancer that they forget about all the others," says Christine Hill-Kayser, MD, radiation oncologist at the University of Pennsylvania. The University of Florida reported in July that 20 to 30 percent of well-insured survivors don't get even the standard tests recommended by the U.S. Preventive Services Task Force.

What you can do: Develop a survivorship plan with your physicians; the plan should outline your risks, recommend preventive measures, and include a schedule for medical screenings so that if you do develop another cancer, it can be treated early. For anyone who finished treatment without a written plan, a do-it-yourself version is available at livestrongcareplan.org, created by Dr. Hill-Kayser and colleagues for the University of Pennsylvania's oncolink.org. The site will prompt you for information (type of cancer, treatment details) and then provide recommendations from professional organizations for second-cancer monitoring.

"Second cancers may be on the upswing, **BUT THE NEWS ISN'T ALL BAD.**"

More than 12 million Americans are cancer survivors—four times the number from the early 1970s. "It's really important to understand the tremendous advances that have been made. Second cancers are a substantial clinical and public health problem now because people are living so much longer after first cancers. It's an adverse consequence of a real success story," says Lindsay Morton, PhD, investigator in the division of cancer epidemiology and statistics at the National Cancer Institute. ■

TWEETLE-DUMB

Twitter is an online social-networking and microblogging service that enables its users to send and read text-based posts of up to 140 chara

Comedian *Nick Vatterott*

Did you know it's possible to Tweet a concise, grammatical, correctly punctuated sentence that is exactly one hundred forty characters long?

Comedian *Steve Martin*

Suze Orman Thinks I'm a Slacker

Here's what comedian Heather McDonald learned after the queen of personal finance discovered how little she knew

FROM THE BOOK ***My Inappropriate Life***

At *Chelsea Lately*, we were able to get financial guru Suze Orman to come in, and we filmed her giving financial advice to a few of the writers. I was lucky enough to be one of them—or so I thought. She seemed nice enough and had extremely white teeth, which highlighted her Suze hair. We started talking, and I immediately liked her. I stared at the famous pair of earrings Suze wears every day; she has bought only,

ILLUSTRATION BY JESSE LENZ

ORMAN: ROBYN BECK/AFP/GETTY IMAGES; MCDONALD: PETER KRAMER/NBCU PHOTO BANK/GETTY IMAGES

like, two pairs of earrings in her whole life, and that's why she is so wealthy. (Can you imagine opening a lemonade stand with her as a kid? She would be so serious, keeping books, not giving samples, and talking all the time about how she wanted to expand.) Appropriately, her earrings were gold balls.

As I recall, Suze said, "What can I help you with?"

My question for Suze was, "Can my husband and I afford a fourth child?"

She said, speaking in Suze voice, "Do you own your own home?"

I proudly said, "Yes!"

"How much do you owe on it?"

I said, "Well, our loan is for more than the house is worth, but isn't that everyone's situation today, except for you and Oprah?"

Suze said, "What are the terms of your rate?"

I said, "I know it's 30-year fixed. I don't know the rate, but my husband, Peter, told me it was a really good one."

Suze went ballistic. "What does your husband do?"

I replied, "He's a mortgage broker and a Realtor."

"So your husband the mortgage broker and the Realtor put you in a home that is now worth less than you paid. Do you have any stocks?"

"Yes," I said proudly.

Suze asked me, "Who are they with?"

I said, "I don't know. The statements come in an envelope that has *LPL* on it."

She grew red. "What the hell is LPL?"

I grew red. "Well, I don't know, but I could call my husband at home and ask."

Suze asked, "He works from home?"

I said, "Well, he has been trying to sell his one listing for the past 18 months, which says a lot about the owners still really liking his service."

Suze shook her head and then asked, "Do you have life insurance?"

I said, "Yes. He has a million dollars on me, but I have only $500,000 on him. Do you think I should be suspicious?"

Suze barked back, "No. He doesn't make any money. You don't need it."

Suze then wanted to know about some of my other expenses.

I said, "Our children go to private school, and Peter has a golf membership for $550 a month." I was a little scared about admitting the second one.

"Don't you think you should take that $550 a month and pay off your home loan?"

I said, "He really enjoys it. Even when he goes to a charity auction, he always bids and wins to play rounds of golf at other country clubs in our area. So not only is he familiar with all the other golf courses, he's also quite a philanthropist!"

Suze was dumbfounded and couldn't speak for a minute.

Suze then said, "Well, you're gener-

ous with him. Is he generous with you?"

I said, "He never makes any comments about what I spend on clothes. But I've asked him when he grocery shops to please buy fresh-squeezed orange juice, which he refuses to do."

"I agree. You can't afford it."

She continued on: "Let me tell you about a woman I met. She and her husband were at a flower store. It was

their one-year wedding anniversary. She turned to look at a tulip, and when she turned back around, he was dead, just like that. She had no clue where their money was, the terms of their insurance policy, or their debts, let alone what their mortgage rate was. I cannot tell you how many countless crying widows I have counseled who all have the same story: My husband took care of it. Well, guess what. He can't take care of it when he's six feet under. What if tomorrow Peter goes out to the golf course, and on the ninth hole, he drops dead? I'll tell you, you'll have more problems than having fresh-squeezed orange juice to worry about.

"I can't tell you how many women have rolled over in the middle of the night to feel their husband's icy-cold deceased body lying next to them, and they don't even know where the key to the safety-deposit box is. Heather, what if Peter choked on a chicken bone in the middle of dinner, clutching his throat as he takes his final breaths, and drops dead? Do you have any idea how much your water bill is each month?"

I said, "No. Don't they bundle it with the electric?"

Suze shook her head and said, "How are you going to live on Peter's $500,000 life insurance with not just three but four kids?"

I said, "Suze, actually, you've helped me decide not to go ahead with that fourth child, since Peter is going to drop dead at any moment."

That night, I went home with a clipboard filled with all of Suze's questions. I gave it to Peter to fill out. He said he would look into it the next day. And I said, "Over your dead body. You'll do it tonight!" ■

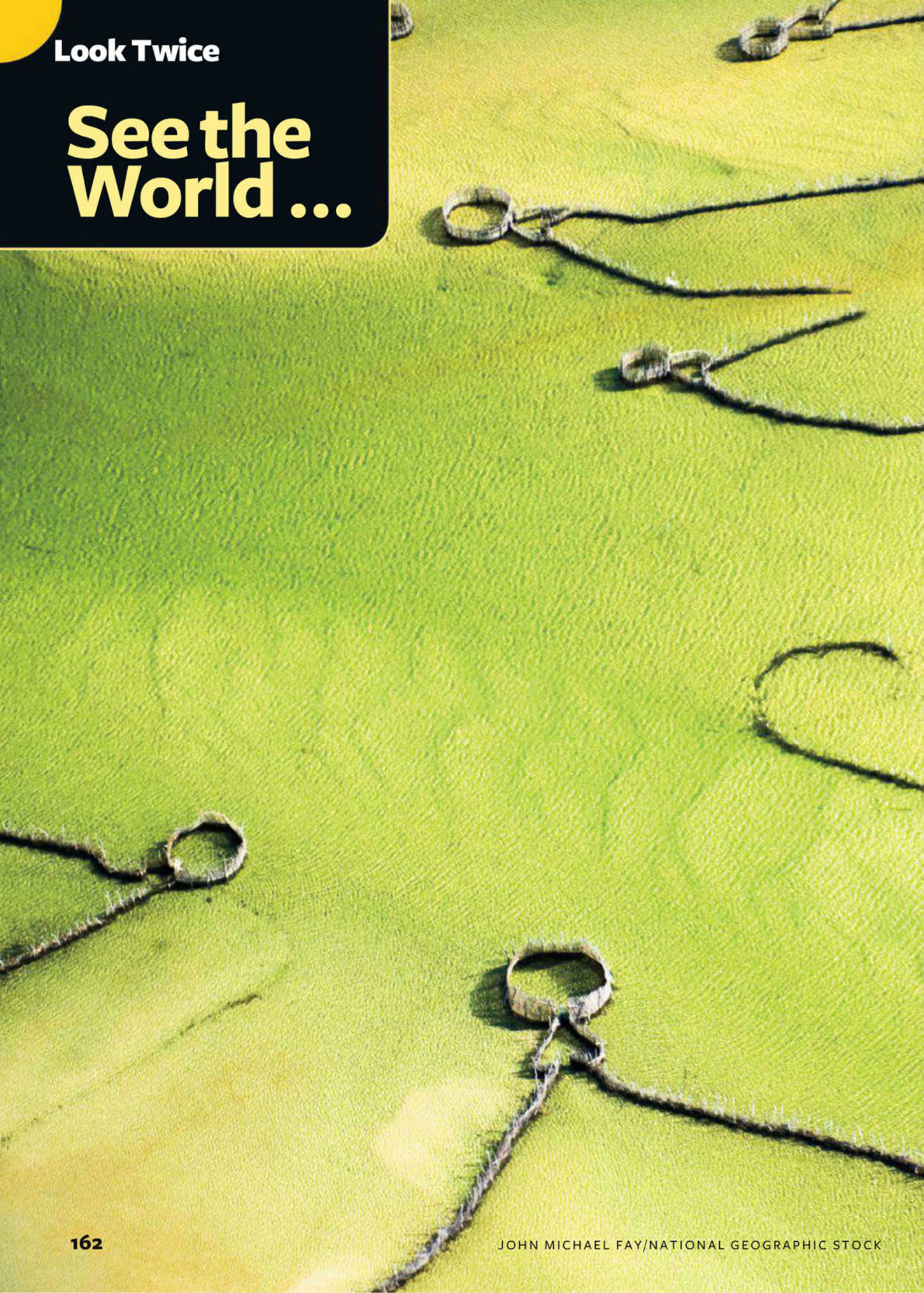
MY INAPPROPRIATE LIFE, COPYRIGHT © BY HEATHER MCDONALD, IS PUBLISHED AT $24.99 BY SIMON & SCHUSTER INC., SIMONANDSCHUSTER.COM.

A DISHONEST ABE

A man was arrested for passing a counterfeit $100 bill in North Attleboro, Massachusetts. What gave him away? Lincoln's face: It's supposed to be on the $5 bill.

Sun Chronicle (Attleboro, Massachusetts)

See the World ...



JOHN MICHAEL FAY/NATIONAL GEOGRAPHIC STOCK

Turn the page

... Differently

From high above, these fish traps in Kosi Bay, South Africa, form a mysteriously lovely pattern on water rich with algae. Generations of fishermen have worked in the bay—really a series of four interlinking lakes surrounded by a nature preserve. The area is known for biodiversity: In addition to abundant spotted grunter, rock salmon, and bream, it's home to 250 species of birds, plus crocodiles and hippos. Happily, trap fishing is both successful and sustainable.

CHRIS JOHNS/NATIONAL GEOGRAPHIC STOCK

Newtown
CONNECTICUT

President Barack Obama

DECEMBER 16, 2012

To all the families, first responders, to the community of Newtown, clergy, guests: Scripture tells us,

"Do not lose heart.

ILLUSTRATIONS BY JESSICA HISCHE

Though outwardly we are wasting away, inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. For we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands."

We gather here in memory of 20 beautiful children and six remarkable adults. They lost their lives in a school that could have been any school, in a quiet town full of good and decent people that could be any town in America.

Here in Newtown, I come to offer the love and prayers of a nation. I am very mindful that mere words cannot match the depths of your sorrow, nor can they heal your wounded hearts. I can only hope it helps for you to know that you're not alone in your grief, that our world, too, has been torn apart, that all across this land of ours, we have wept with you, we've pulled our children tight. And you must know that whatever measure of comfort we can provide, we will provide; whatever portion of sadness that we can share with you to ease this heavy load, we will gladly bear it. Newtown, you are not alone.

As these difficult days have unfolded, you've also inspired us with stories of strength and resolve and sacrifice. We know that when danger arrived in the halls of Sandy Hook Elementary, the school's staff did not flinch, they did not hesitate. Dawn Hochsprung and Mary Sherlach, Vicki Soto, Lauren Rousseau, Rachel Davino, and Anne Marie Murphy—they responded as we all hope we might respond in such terrifying circumstances, with courage and with love, giving their lives to protect the children in their care.

We know that there were other teachers who barricaded themselves inside classrooms and kept steady through it all and

reassured their students by saying, "Wait for the good guys; they're coming"; "Show me your smile."

And we know that good guys came. The first responders who raced to the scene, helping to guide those in harm's way to safety and to comfort those in need, holding at bay their own shock and trauma because they had a job to do and others needed them more.

Love will see you through

And then there were the scenes of the schoolchildren, helping one another, holding each other, dutifully following instructions in the way that young children sometimes do; one child even trying to encourage a grown-up by saying, "I know karate. So it's OK. I'll lead the way out."

As a community, you've inspired us, Newtown. In the face of indescribable violence, in the face of unconscionable evil, you've looked out for each other, and you've cared for one another, and you've loved one another. This is how Newtown will be remembered. And with time, and God's grace, that love will see you through.

But we, as a nation, we are left with some hard questions. Someone once described the joy and anxiety of parenthood as the equivalent of having your heart outside of your body all the time, walking around. With their very first cry, this most precious, vital part of ourselves—our child—is suddenly exposed to the world, to possible mishap or malice. And every parent knows there is nothing we will not do to shield our children from harm. And yet, we also know that with that child's very first step, and each step after that, they are separating from us, that we won't—that

we can't—always be there for them. They'll suffer sickness and setbacks and broken hearts and disappointments. And we learn that our most important job is to give them what they need to become self-reliant and capable and resilient, ready to face the world without fear.

And we know we can't do this by ourselves. It comes as a shock at a certain point where you realize, no matter how much you love these kids, you can't do it by yourself. That this job of keeping our children safe and teaching them well is something we can only do together, with the help of friends and neighbors, the help of a community, and the help of a nation. And in that way, we come to realize that we bear a responsibility for every child because we're counting on everybody else to help look after ours—that we're all parents, that they're all our children.

This is our first task—caring for our children. It's our first job. If we don't get that right, we don't get anything right. That's how, as a society, we will be judged.

And by that measure, can we truly say, as a nation, that we are meeting our obligations? Can we honestly say that we're doing enough to keep our children—all of them—safe from harm? Can we claim, as a nation, that we're all together there, letting them know that they are loved and teaching them to love in return? Can we say that we're truly doing enough to give all the children of this country the chance they deserve to live out their lives in happiness and with purpose?

I've been reflecting on this the last few days, and if we're honest with ourselves, the answer is no. We're not doing enough. And we will have to change.

Since I've been president, this is the fourth time we have come together to comfort a grieving community torn apart by a mass shooting. The fourth time we've hugged survivors. The fourth time we've consoled the families of victims. And in between, there has been an endless series of deadly shootings across the country, almost daily reports of victims, many of them children, in small towns and big cities all across America, victims

whose ... much of the time ... only fault was being in the wrong place at the wrong time.

We can't tolerate this anymore. These tragedies must end. And to end them, we must change. We will be told that the causes of such violence are complex, and that is true. No single law, no set of laws can eliminate evil from the world or prevent every senseless act of violence in our society.

But that can't be an excuse for inaction. Surely, we can do better than this. If there is even one step we can take to save another child, or another parent, or another town, from the grief that has visited Tucson and Aurora and Oak Creek and Newtown and communities from Columbine to Blacksburg before that, then surely we have an obligation to try.

In the coming weeks, I will use whatever power this office holds to engage my fellow citizens—from law enforcement to mental health professionals to parents and educators—in an effort aimed at preventing more tragedies like this. Because what choice do we have? We can't accept events like this as routine. Are we really prepared to say that we're powerless in the face of such carnage, that the politics are too hard? Are we prepared to say that such violence visited on our children year after year after year is somehow the price of our freedom?

All the world's religions—so many of them represented here today—start with a simple question: Why are we here? What gives our life meaning? What gives our acts purpose? We know our time on this earth is fleeting. We know that we will each have our share of pleasure and pain, that even after we chase after some earthly goal, whether it's wealth or power or fame or just simple comfort, we will, in some fashion, fall short of what we had hoped. We know that no matter how good our intentions, we will all stumble sometimes, in some way. We will make mistakes, we will experience hardships. And even when we're trying to do the right thing, we know that much of our time will be spent groping through the darkness, so often unable to discern God's heavenly plans.

There's only one thing we can be sure of, and that is the love that we have—for our children, for our families, for each other. The warmth of a small child's embrace, that is true. The memories we have of them, the joy that they bring, the wonder we see through their eyes, that fierce and boundless love we feel for them, a love that takes us out of ourselves and binds us to something larger—we know that's what matters. We know we're always doing right when we're taking care of them, when we're teaching them well, when we're showing acts of kindness. We don't go wrong when we do that.

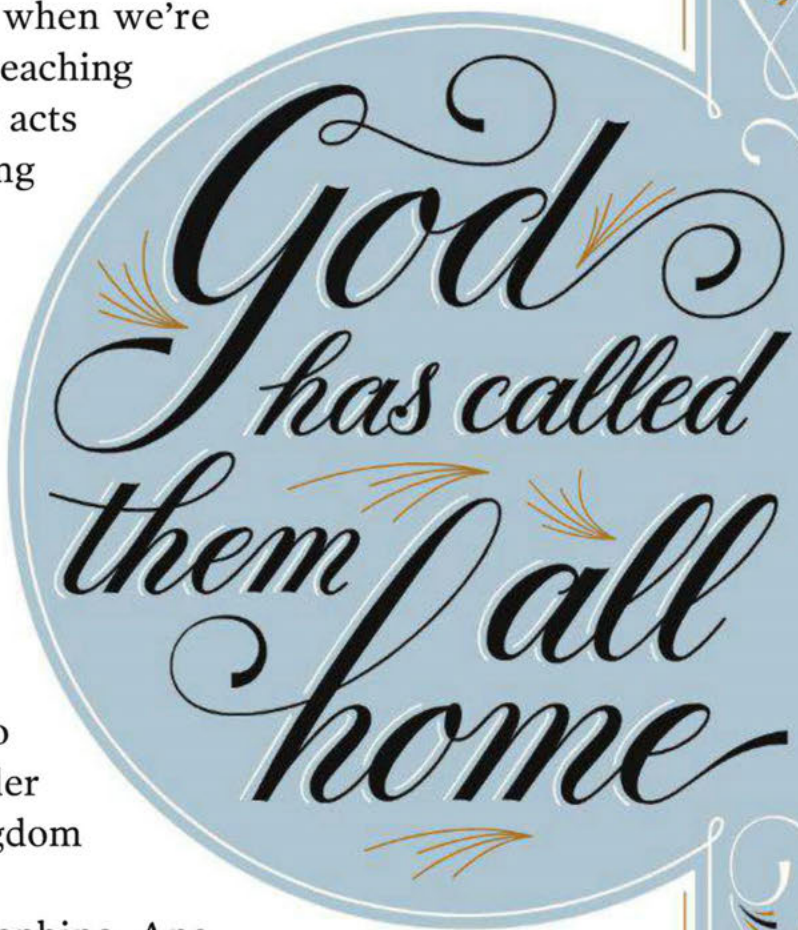
That's what we can be sure of. And that's what you, the people of Newtown, have reminded us. That's how you've inspired us. You remind us what matters. And that's what should drive us forward in everything we do, for as long as God sees fit to keep us on this earth.

"Let the little children come to me," Jesus said, "and do not hinder them, for to such belongs the kingdom of heaven."

Charlotte. Daniel. Olivia. Josephine. Ana. Dylan. Madeleine. Catherine. Chase. Jesse. James. Grace. Emilie. Jack. Noah. Caroline. Jessica. Benjamin. Avielle. Allison.

God has called them all home. For those of us who remain, let us find the strength to carry on and make our country worthy of their memory.

May God bless and keep those we've lost in His heavenly place. May He grace those we still have with His holy comfort. And may He bless and watch over this community and the United States of America. ■



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EDITED BY DAWN RAFFEL

Books

INTERVIEW

Gothic Genius

The Accursed

by Joyce Carol Oates (Ecco, $27.99)

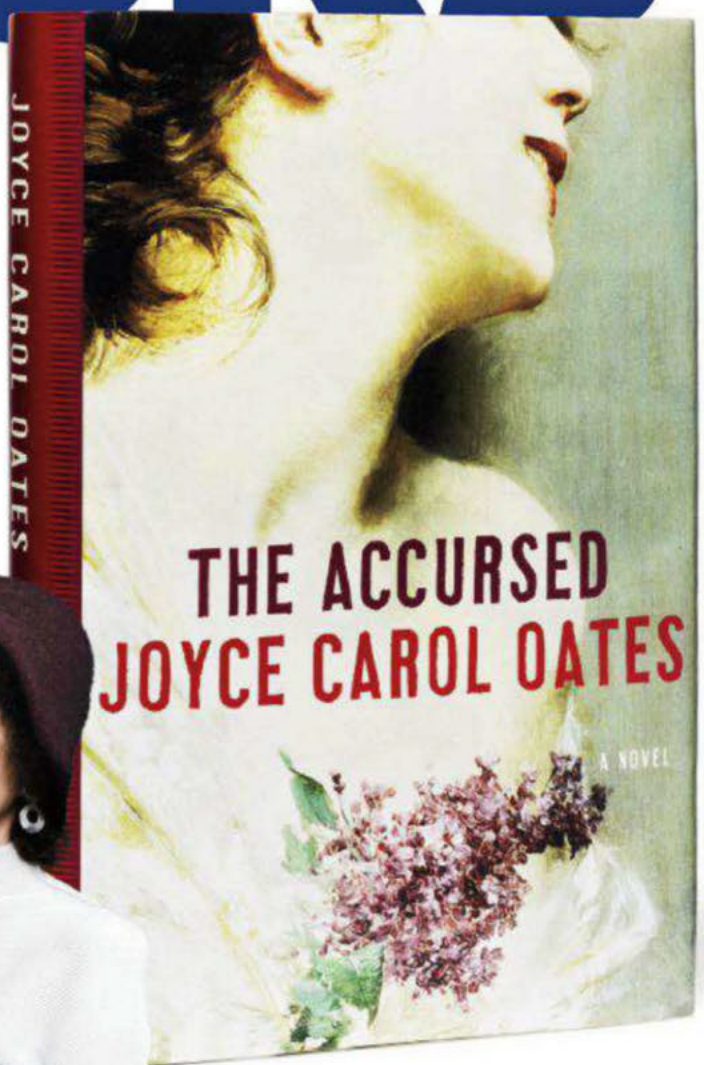
Joyce Carol Oates's new novel—a masterly Gothic tale that enfolds history (three presidents are characters), racism, sexism, and questions of privilege and justice, plus some supernatural elements—takes place in Princeton, New Jersey, from 1905 to 1906. We asked:

RD: What drew you to this period in history?

Oates: This was a very exciting time politically, culturally, and morally. Much is beginning to stir: women's suffrage, labor disputes and strikes, and new inventions like "motorcars."

RD: You first started writing the novel in 1984, then set it aside, wrote many other books, and returned to it in 2012. What made you walk away from it and then come back?

Oates: Every several years, I would revisit the manuscript and begin to rewrite it. Each time I stopped—the "voice" wasn't there. But finally, just last year, I discovered a way to present the material, and I felt



Joyce Carol Oates, photographed in Princeton, New Jersey

OATES: NICOLAS GUERIN/CONTOUR BY GETTY IMAGES.
BOOKS: PHOTOGRAPHS BY MATTHEW STACEY; STYLIST: MEGUMI EMOTO

a sudden deep sympathy for the narrator and primary characters; I was enormously excited by the possibility of presenting individuals as disparate as Mark Twain, Jack London, and Upton Sinclair, as well as Woodrow Wilson and the other ex-presidents [Grover Cleveland and Theodore Roosevelt]. Interpreting vampirism as psychological, even political, rather than literal, I found a way to present such supernatural beings as more or less natural.

***RD:** In an interview with Richard Ford, you said, "All of the greatest writers have been obsessive about certain things." You're an extremely prolific author. How would you describe your obsessions?*

Oates: *Obsessive* may be just a term to attempt to describe people who stay with a project, work on it for years, and don't give up, even when they're discouraged. As *obsessive* suggests clinical psychopathology, I doubt that any of us are really obsessive so much as unusually diligent.

TABLET BONUS
To read excerpts from five featured books, download the *Reader's Digest* app for your iPad or Kindle Fire.

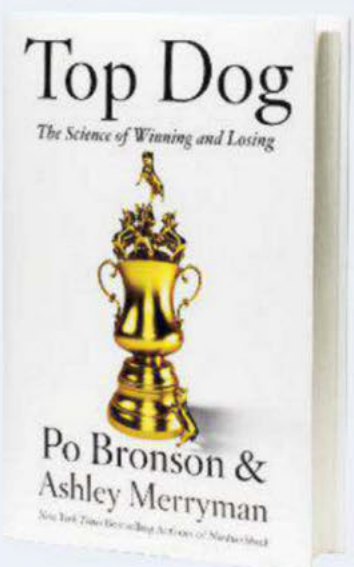
***RD:** We have to ask: Are there other unfinished novels sitting in your desk drawer? What's calling to you now?*

Oates: No more unfinished novels, but I wish there were! I am writing a new novel focusing on the impact of an Iraq War veteran returning to his small town in the Adirondack area of New York State. It's titled *Carthage*.

EXCERPT

WHAT WINNERS KNOW

Top Dog: The Science of Winning and Losing
by Po Bronson and Ashley Merryman (Twelve, $27.99)



"The last few years, it has been argued that the secret to success in any activity is accumulating ten years' worth of deliberate, effortful practice. It's what makes you an expert. Stick with it, and you'll have a chance to succeed. As that argument was spread far and wide, we felt that something was missing from the success formula ... The winner is not the person who practiced more. It's who competes better. It's who lives up to the moment when the band is playing, the lights are bright, and the judges are watching ... And the truth is, nobody puts in ten years of experience before he starts competing. The world doesn't work that way."

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NEW BOOKS THIS MONTH

MEMOIRS TO MOVE YOU

Lifesaving Lessons: Notes from an Accidental Mother

by Linda Greenlaw (Viking, $26.95)

She's the only female swordfish boat captain in the United States, and her survival skills became legend after she was portrayed in the movie *The Perfect Storm*. But the never-married Greenlaw met her match when she took on guardianship of a troubled teenage girl. Here, she chronicles their relationship with candor, wit, and rugged tenderness.

With or Without You

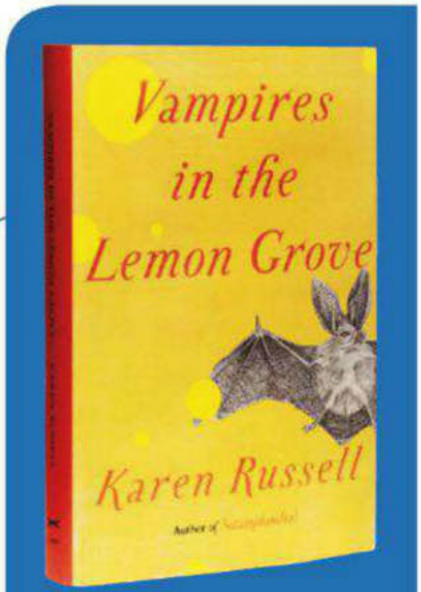
by Domenica Ruta (Spiegel & Grau, $25)

"My mother grabbed the iron poker from the fireplace and said, 'Get in the car.'" That's the opening line of Ruta's fierce, smart account of a devastating childhood, in a memoir drawing comparisons to *The Glass Castle*. Not surprisingly, Ruta, whose mother was an addict, struggled with her own demons; her memoir is a testament to her own redemption.

Still Points North: Surviving the World's Greatest Alaskan Childhood

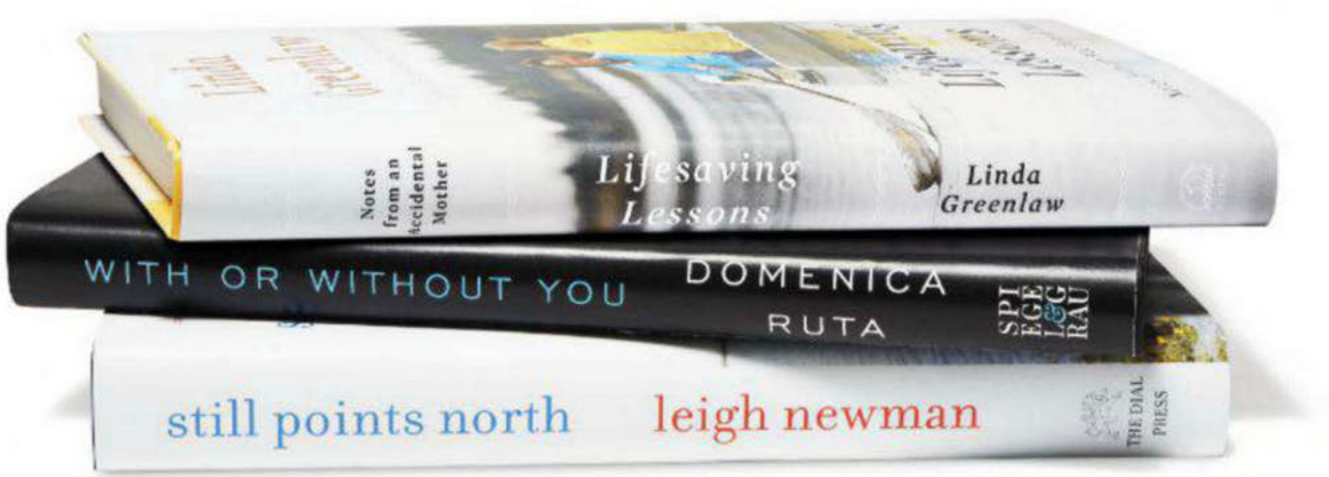
by Leigh Newman (The Dial Press, $26)

Newman's childhood was split between her father's home in Alaska, where she developed a thirst for adventure, and Baltimore, where her hardworking mother ("a flannel warrior in a lace-necked nightgown," up at 5 a.m.) lived. Newman's adult search for her own true home is riveting, as are her worldwide adventures; it's a joy to be in on the ride.



Vampires in the Lemon Grove **by Karen Russell (Knopf, $24.95)**

The wildly inventive author of the novel *Swamplandia!* is back with a collection of wondrously strange and moving short stories.



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Ask Laskas

BY JEANNE MARIE LASKAS

Social-Media Snoop

My husband reconnected with an old girlfriend on Facebook. It's not a secret, and as far as I know (and believe), he's always been faithful. I logged in to his page and found a few messages between him and his old flame. There was nothing romantic, mostly just catching up, but I did notice that she is recently divorced and lives just a couple of hours from us. Should I tell him this virtual friendship bothers me and ask him to end it? *Worried Wife*

Dear Worried,
Asking him to end it is going way too far. He hasn't been deceptive. But a conversation is definitely in order. Reestablishing boundaries is critical in our brave new social-media world, which constantly changes and keeps us all guessing. Thank hubby for his openness, and then tell him the rekindled friendship is troubling you. He may be able to put your mind at rest, or he may decide on his own to stop it, or he may say, "Tough!" However it turns out, you'll know more than you do now.

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.

Saving the Scapegoat

My mother-in-law blames one of her sons for all kinds of trouble. He's not perfect; even so, it's unfair. I know it hurts him, but my husband and his siblings won't confront their mother about it. It kills me to sit by silently as she criticizes him. I have a good relationship with her; is it a bad idea to mention it? *Concerned Family Member*

Dear Concerned,
Warning: This is a beehive, and there's no way you can get in without getting stung. Whatever old business the family is working out by blaming this guy for stuff has nothing to do with you, so stay out of any direct confrontations. But I applaud you for wanting to help him out, so here's >>

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what you need to do: Quietly start a campaign. Give his every success some positive buzz, and make his PR in the family your little project.

YOUR WORDS OF WISDOM

In our January issue, we asked you to advise Worried Client on being loyal to her hairdresser. You said to give the old stylist a chance:

I'm a hairdresser, and my answer is simple: Tell her the truth. Your old stylist is probably not changing your cut because you haven't asked. Ultimately, it's not about her; it's about seeing you happy. *Kwittlieff*

Your hairdresser must have been doing something right for you to stay with her for 20 years. Tell her what you like about the new stylist's work, and see if she can duplicate it. If she can't, try splitting time between the two to gradually break away. *George Huber*

GIVE YOUR BEST ADVICE

Write your answer to this problem at rd.com/march.

When loved ones send me photos in the mail, am I obligated to put the photos in frames and display them? I don't want to hurt the feelings of my family and friends by not hanging up each photo they shared with me. What should I do? *Too Many Photos*

Send questions about manners, parents, partners, or office politics to advice@rd.com. Sending gives us permission to edit and publish.

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HARM OR HEAL?

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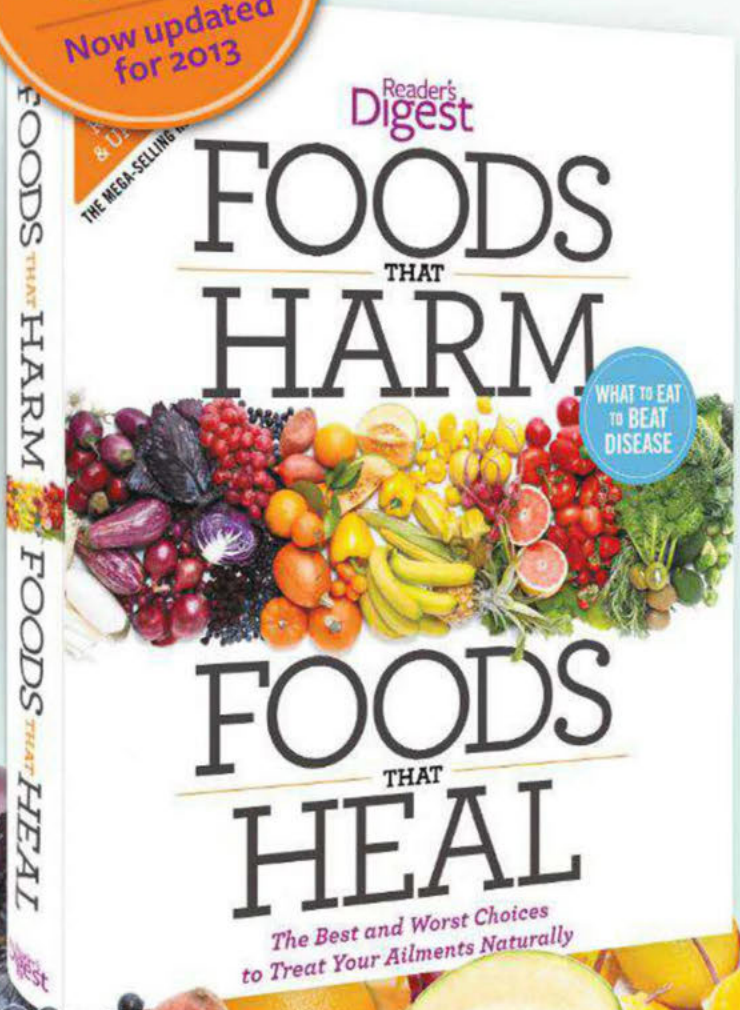
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WHAT TO EAT TO BEAT DISEASE
FOODS THAT HEAL
The Best and Worst Choices to Treat Your Ailments Naturally

Discover the best foods to help you get healthy, look better, live longer, and fight disease.

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Attention!

Do you suffer from:

- Lack of Energy
- Fibromyalgia
- Joint Pain
- Constipation
- Back Pain
- Knee Pain
- High Blood Pressure
- Restless Legs Syndrome
- Poor Circulation
- Obesity
- Edema
- Insomnia
- Neuropathy
- Diabetes
- Arthritis
- MS
- Spinal Stenosis
- Lymphedema
- Stress

Imagine feeling better . . . takes only 12–16 minutes, twice a day!

Receive the benefits of aerobic exercise without stress or impact on the joints!

Exercising on a regular basis is known to help improve many different kinds of health issues. Millions of people suffer from various ailments that can be improved through regular exercise; however, we understand some individuals are unable to do aerobic type exercise. The Exerciser Elite® is your in-home solution and does the work for you. People of all ages have made improvements to their overall well-being by incorporating this revolutionary machine into their daily routine.

Increase circulation throughout the body

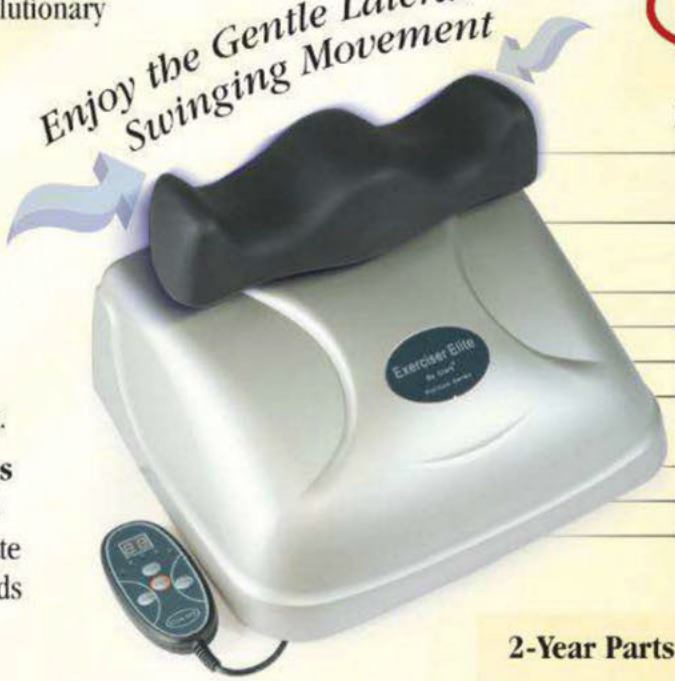
Relieve stiffness from head to toe

Energize the body

Increase mobility

Operating the machine is simple…just lie down and relax. The machine creates a gentle, right to left movement. This gentle movement cycles up through the whole body, which, in turn, can promote loosening of the joints in the hips and spine and relaxation of the muscles in the back.

Enjoy the Gentle Lateral Swinging Movement



The Exerciser Elite® outperforms any other Chi-type swing machine on the market. It will easily accommodate individuals weighing up to 425 pounds and is built for long term use.

Features

- 16 minute digital timer with safety shutoff
- Built in an ISO-9001 CERTIFIED facility
- FDA Class Registered
- ETL Approval
- Weighs only 15 pounds
- 15" wide x 13.5" deep x 9.5" high
- Controller cord 6'
- AC cord 7'2"
- 220/230 volt model available for International use

2-Year Parts and Labor Warranty

Want to learn more? View the online videos

www.cwmachines.com or call 800-748-7172

"The Exerciser Elite® is just SUPER!

I cannot tell you how much I enjoy my relaxing sessions, 3 times a day. When I am finished I feel like I am back in the fast lane. I am so glad I decided to splurge and buy your magnificent machine."

—Irene R., Texas

"I have had both hips replaced and been through breast cancer.

Regular exercise was not something I could do every day and still move. But with this wonderful machine I can! Thank you again." *—Carol H., Ohio*

"After using the Exerciser Elite® twice a day for one week, the swelling in my ankles went away.

It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you." *—Shirley H., Florida*

"I am an 88 year old woman with multiple health problems.

After seeing the ad for the Exerciser Elite®, I ordered it and use it daily. I can tell it has improved circulation in my legs and by doing that it has helped my balance and walking problems. To those of you that think that you can't do regular exercise anymore, try this piece of equipment and you will be amazed how much better you will feel." *—Mildred F., Missouri*

"I have had such lower back pain that I could hardly stand it.

I saw your ad two years ago and thought it wouldn't help me. But, I ordered one anyway. I have used it for four months now. I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser Elite®." *—C. Cordes, Minnesota*

You deserve to feel better—order now!

90 Day Money Back Guarantee

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Plus S&H

Use code **B800** when ordering and **SAVE $20!**
Kansas residents add 8.2% sales tax.

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- Helps reduce fatigue
- Increased circulation

Kneading Fingers™
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- Helps improve range of motion
- Relieves muscular aches and pains

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Life in These United States

Nine months pregnant with twins, I bellied up to the supermarket meat bin in search of the perfect roast. The butcher appeared from the back and asked, "May I help you?"

"No, thank you," I said. "I'm just looking."

A minute later, he returned. "Can I help you?"

"No, I'm just looking," I repeated.

A few minutes later, he appeared yet again, asking the same annoying question.

"I'm just looking!" I said testily.

"In that case, ma'am," he said politely, "would you please step back a bit? Your stomach is pressing our service bell."

Shirley Kraselsky, Pensacola, Florida

"He's drifting in and out of a coma—mainly to check his messages."

Hold the Presses!

Here's what's in the headlines:

- "Smoking Fish Sets Off Fire in Harborcreek" *Erie Times-News*
- "Florida Reporter Completes Sentence" *Editor and Publisher*

After downing half a glass of milk, my ten-year-old son declared, "I am an optimist: The glass is half empty!"

"Looking at the glass as half empty is a sign of pessimism," I said.

He corrected me: "Not if you don't like what's in it."

Pratik Pandya, Brooklyn Park, Minnesota

DOCTOR MOM

My niece in college posted her latest Facebook status: "I am going home so Mom can take me to the doctor and tell him what's wrong with me."

Vikki Smith, Greer, South Carolina

ILLUSTRATION BY RINA PICCOLO

Overheard in a hotel lobby in Bora Bora:

Vacationer: We have lizards in our bungalow, and my wife is freaking out. I didn't pay to have lizards in my room!

Desk clerk: No problem, sir. We will be sure to add that to your bill.

Billy Dobrucky, Stamford, Connecticut

That's My Hometown!

The best—real!—town slogans.

- **Gettysburg, South Dakota:** *Where the Battle Wasn't*
- **Eaton Rapids, Michigan:** *The Only Eaton Rapids on Earth*
- **Hooker, Oklahoma:** *It's a Location, Not a Vocation*
- **Winnemucca, Nevada:** *City of Paved Streets*
- **Cherryfield, Maine:** *The Blueberry Capital of the World*

During a game of Scrabble, my aunt decided to pass. "I simply can't move my vowels," she complained.

My uncle replied, "Does that mean you're consonated?"

Suzanne Carlson, Montville, Ohio

I was at my girlfriend's parents' house having dinner. I was casually playing footsie with my girlfriend under the table, until her mom stopped eating and said, "You know that's my foot, right?" fmylife.com

Using my cell phone to access the Internet, I was plagued by pop-up ads. Blocking them required a confusing process that ended with this confirmation: "Your cell phone number has been added to be removed."

Craig Young, Colorado Springs, Colorado

... And One from Abroad

My four-year-old grandson asked his mom why she couldn't drive him to day care. She said, "I have to breast-feed your little sister."

"Why can't Grandma do it?" he asked. His mother explained that Grandma didn't have any milk.

"Then what's she got in there?" he asked. "Juice or something?"

Kimberley Hopper, Nova Scotia, Canada

Your favorite new joke, funny anecdote, or crazy news story might be worth $$$. See page 89 for details.

ALL YOU NEED IS THE GAS PEDAL

Spotted in Northern California; submitted by *Diane Wallihan,* Port Townsend, Washington

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FREE!

WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

Item 65020 shown

ITEM 65020/ 69052/69111

REG. PRICE $6.99

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20% OFF

ANY SINGLE ITEM!

LIMIT 1 - Save 20% on any one item purchased at our stores or website or by phone. *Cannot be used with other discount, coupon, gift cards, Inside Track Club membership, extended service plans or on any of the following: compressors, generators, tool storage or carts, welders, floor jacks, Towable Ride-on Trencher (Item 65162), open box items, in-store event or parking lot sale items. Not valid on prior purchases after 30 days from original purchase date with original receipt. Non-transferrable. Original coupon must be presented. Valid through 6/12/13. Limit one coupon per customer per day.

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4-1/2" ANGLE GRINDER

drillmaster

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SAVE 50%

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SUPER COUPON!

PITTSBURGH

32 PIECE SCREWDRIVER SET

LOT NO. 90764

SAVE 50%

$4.99

REG. PRICE $9.99

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SUPER COUPON!

CENTRALPNEUMATIC

3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR

LOT NO. 95275/ 60637/69486

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REG. PRICE $79.99

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SUPER COUPON!

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

drillmaster

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SAVE 60%

$7.99

REG. PRICE $19.99

93156650

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SUPER COUPON!

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drillmaster

LOT NO. 91616/ 69087/60379

Item 91616 shown

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PITTSBURGH AUTOMOTIVE

SAVE $70

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WEIGHS 74 LBS.

RAPID PUMP® 3 TON HEAVY DUTY STEEL FLOOR JACK

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30", 11 DRAWER ROLLER CABINET

LOT NO. 67421

INCLUDES:

- 6 Drawer Top Chest
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- 3 Drawer Roller Cabinet

SAVE $150

$149.99 REG. PRICE $299.99

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HEAVY DUTY HAND TRUCK

600 LB. CAPACITY LOT NO. 95061

SAVE 40%

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CHICAGO ELECTRIC POWER TOOLS

1/2" ELECTRIC IMPACT WRENCH

LOT NO. 68099/ 45252/69606

SAVE 45%

Item 68099 shown

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SUPER COUPON!

AUTOMATIC WRIST BLOOD PRESSURE MONITOR

WristTech

LOT NO. 67212

SAVE 53%

Requires two AAA batteries (sold separately).

$13.99

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SUPER COUPON!

90 AMP FLUX WIRE WELDER

CHICAGO ELECTRIC WELDING

LOT NO. 68887

NO GAS REQUIRED!

SAVE $60

$89.99

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7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP

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800 RATED WATTS/ 900 MAX. WATTS PORTABLE GENERATOR

LOT NO. 66619/ 60338/69381

NEW!

Item 69381 shown

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STORM CAT.

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PITTSBURGH 12" RATCHET BAR CLAMP/SPREADER

LOT NO. 46807/ 68975/69221/69222

Item 46807 shown

SAVE 63%

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6 FT. x 8 FT. ALUMINUM GREENHOUSE

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SAVE $200

One Stop Gardens

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SUPER COUPON!

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CENTECH

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Item 42292 shown

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1-1/4" CAPACITY CHIPPER SHREDDER

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Item 92655 shown

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US GENERAL

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Name: LINDA **Age:** 71 Actual client. No retouching.

Patient had facial-firming and neck-firming procedures. Ft. Lauderdale, FL center.

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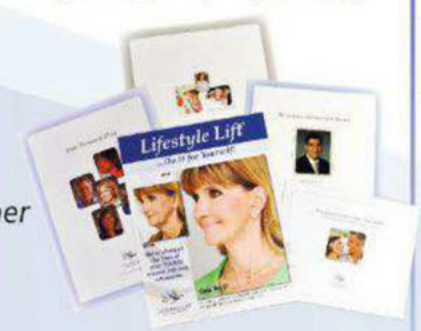
Debby Boone
Grammy Award Winner
Paid Spokesperson



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LIFESTYLE LIFT®

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AGING IS NATURAL. GIVING UP ON YOUR VIRILITY ISN'T!

BRING BACK THE BEST YEARS OF YOUR LIFE... HERE'S HOW ONE MAN DID IT!

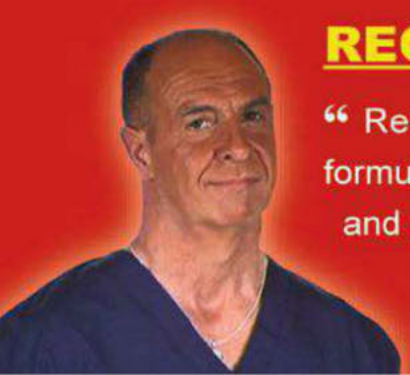
Although this would otherwise be an embarrassing subject – I feel strongly about sharing my recent experience with others my age. Simply put, I'm 57 years old and even though I'm in good health overall, my body just doesn't respond like it used to. Intimacy and virility have become an issue.

Recently, I found myself struggling to "perform" - losing my confidence and with it, my sense of "male prowess". I was feeling a great deal of pressure and embarrassment, my wife was beginning to think it was something she did or didn't do – it wasn't.

I wasn't comfortable discussing my situation with anyone, not even my doctor, so in a desperate attempt to find some help, I privately did some research on the web.

First, I found that many HEALTHY men experience a decrease in virility with age. I wasn't alone! Good blood circulation is the key to maintaining virility, and there are a number of factors that can weaken it.

Armed with this new information, I began to search through the many "male enhancement" products on the net. I found a pill and patch for everything and anything, but one product stood out among them - **Maxoderm** is completely different – not a pill or a patch, this surprisingly effective topical formula is delivered directly to the "source" – where I needed it most. Best of all, **Maxoderm** is recommended by a **Leading Physican, Michael A. Savino, M.D., F.A.C.S.**, and you don't need a prescription. I don't need to swallow a pill, prescription or not, or wear some kind of patch on my shoulder!



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" Reviewing the scientific data, I've found **MAXODERM**'s unique topical formula and usage plan can truly generate a healthy impact on male arousal and performance. " *Leading Physician, Dr. Michael A. Savino, F.A.C.S.*

"MY DRIVER'S LICENSE SAYS I'M 57, BUT MY WIFE SAYS I'M 18 AGAIN!"

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After trying **Maxoderm** just once, I could actually feel it working immediately, it felt incredible! What a difference! I couldn't believe it - virility like I haven't felt in years! My driver's license says I'm 57, but thanks to **Maxoderm**, my wife says I'm 18 again! It feels great! I now know it's normal to experience some problems with virility at my age, but **Maxoderm** let me deal with it naturally. No pills – no patches – and even better – no embarrassing appointment with the doctor.

Try **Maxoderm**. You'll feel it working immediately and can get back to living your life!

Jim S.
Miami, FL

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P.S. I'm pretty sure you can still get a **FREE MONTH SUPPLY** of **MAXODERM** with your order by calling **800-948-1163**, or by visiting **MAXODERM.com**. Even better, this product is backed by a **30-Day Money Back Guarantee**! So call today while supplies last - you (and your wife) will be glad you did!

Individual results may vary. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. The information featured above has been compiled from actual letters we've received from a few of our many satisfied customers. Dr Savino is a compensated member of the Barmensen's Advisory Board. REDI1212M016T

Quotable Quotes

There's something about being naive. Really interesting things come because you don't know what the rules are, what you can and can't do.

Steve Buscemi

We accept the love we think we deserve.

Stephen Chbosky

The world has always been fragile. Just ask the dinosaurs.

Michael Shannon

Celebrate what you've accomplished, but also raise the bar a little higher each time you succeed.

Mia Hamm

The great arrogance of the present is to forget the intelligence of the past.

Ken Burns

All that is really worth the doing is what we do for others.

Lewis Carroll

You have to create the quiet to be able to listen to the very faint voice of your intuition.

Jon Favreau

We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up ... discovering we have the strength to stare it down.

Eleanor Roosevelt

FINISH THIS SENTENCE

THERE IS MORE TO LIFE THAN ...

... cheekbones. *Kate Winslet*

... books. But not much more. *Morrissey*

... simply increasing its speed. *Mahatma Gandhi*

ILLUSTRATION BY KIRSTEN ULVE

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